

SUICIDE FIRST AID: UNDERSTANDING SUICIDE INTERVENTION

Format:

- Learning takes place online via Zoom or Microsoft Teams
- Includes regular breaks to prevent online fatigue
- Course materials included

Course overview:

Teaching the theory and practise of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event accredited by City and Guilds of London. We use only the most experienced suicide prevention trainers to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

The Suicide First Aid through Understanding Suicide Intervention (SFAUSI) course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

Course content:

SFAUSI is comprised of 4 parts and includes regular breaks. The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide- safety as a first aid approach.

Day 1 - Part 1: 2 hours

- Introduction to the day; programme; ourselves and suicide prevention
- Stigma, Survivors of bereavement by suicide and the Hidden Toll
- Suicide – the Ripple Effect
- Suicide thoughts and suicide behaviour
- Intention of behaviour Versus Outcome of behaviour
- Possible Causes of Suicide thoughts

Day 1 - Part 2: 2 hours

- Population-based approach to suicide prevention
- Partnership working
- **"I'm really glad you've told me"** (audio visual)

Day 2 - Part 3: 2 hours

- Meeting the needs of a person '*letting you know*'
- Suicide-Safety Guide
- Step 1 – Recognising suicide and asking about suicide
- Step 2 – Understanding options

Day 2 - Part 4: 2 hours

- Step 3 – Safeguarding suicide
- Suicide-safety and self-care
- The risk assessment approach?
- Connecting after an intervention
- Future learning

Methods of delivery:

Taught over 8 hours using tutor facilitated Socratic learning, tutor-led practise session, mini lectures, group work and audio-visual presentations. This is a highly interactive and emotionally engaging learning experience.

Pre-training requirement:

No previous experience or training is necessary. Participants will be asked to self- reflect and empathise with a person having thoughts of suicide. There is no expectation on participants to share personal experiences. Delegates safety throughout the session is our absolute priority.

Who should attend?

Multi-sector managers and practitioners including health, housing, social care, education, criminal justice, call centre operators, private organisations, voluntary and public sector workers and community groups or members.

Cost:

£95.00 per delegate: Group bookings, minimum 6 – maximum 12

Accreditation

Participants can also choose to register for the City and Guilds accredited unit of learning for an additional fee of £85 per person. This involves completion of a written assignment.

Participants will gain 6 credit points at Level 4 by completing a written workbook of tasks that are assessed against the set learning outcomes. This is the National Accredited Unit of Learning in Suicide Prevention for the United Kingdom.

For more information on this accreditation or any other queries you may have, you are warmly welcome to contact us at your earliest convenience:

Cheryl Howard

Suicide First Aid (SFA) Associate Tutor

Mobile No: 07305 877416

Email: AvondaWellness@outlook.com

Web: www.avondawellness.co.uk

