



# TRAINING





## TRAINING

We deliver accredited, high-quality training that helps individuals, organisations and communities respond with confidence and compassion to mental health, suicide prevention and substance use.

Our courses are grounded in evidence, shaped by lived experience and supported by trauma informed principles.

We create safe learning environments that encourage reflection, discussion and practical skill building. All training is delivered by experienced facilitators and meets national standards set by Public Health Scotland.

## EXAMPLE TRAINING PROGRAMMES

### ASIST

(Applied Suicide Intervention Skills Training)

Accredited by Public Health Scotland

An internationally recognised, two-day workshop that builds skills in suicide intervention. The course covers:

- Recognising signs of suicide
- Having supportive, life-saving conversations
- Developing collaborative safety plans
- Connecting people to appropriate help and hope
- Delivered and updated over 40 years of global practice

### SMHFA

(Scottish Mental Health First Aid)

Accredited by Public Health Scotland

A course that builds understanding of mental health and increases confidence in supporting someone in distress. The course covers:

- The role of a Mental Health First Aider
- Recovery-focused practice and stigma reduction
- Listening skills
- Effects of alcohol and drugs on mental health
- Introduction to suicide intervention

### ABI / DBI

(Alcohol and Drug Brief Interventions)

Training that equips practitioners to respond effectively and compassionately to substance use. The course covers:

- Substance awareness and harm reduction
- Safer alcohol strategies
- Awareness of withdrawal symptoms
- Poly substance use and overdose signs
- Understanding the wider Scottish context

### Know the Script

A three-hour substance awareness course that builds confidence in recognising substance use and starting informed conversations. The course covers:

- How substances affect the body
- Associated risks and addiction potential
- Legal considerations
- Starting safe, informed conversations

### COSCA

Counselling Skills

COSCA-certified

A 120-hour counselling skills programme delivered across four modules using experiential learning. The course covers:

- Core counselling skills for use in counselling and non-counselling roles
- Practical, reflective skills development
- A nationally recognised qualification

## Who Our Training Is For

- Health, social care and third-sector staff
- Community organisations and services
- Employers and workplaces
- Education and training providers
- Volunteers and peer supporters

## Our Training Values

- Person-centred and recovery-focused
- Trauma-informed and psychologically safe
- Practical, interactive and reflective
- Inclusive and equality-aware
- Professionally delivered and nationally recognised

### Training Enquiries and Bookings

To discuss open courses, group bookings, or commissioned training, please contact our Training Team.

**Call: 01592 321 321**

Email: [training@ss-scot.org](mailto:training@ss-scot.org)

Web: [substancesupportscotland.org/training](http://substancesupportscotland.org/training)



For opening times and further information  
visit our website or scan the QR code

[www.substancesupportscotland.org](http://www.substancesupportscotland.org)

