



# SFA: Suicide First Aid through Understanding Suicide Interventions

The flagship one-day training solution teaching suicide-intervention skills

Suitable for: Anyone who wants to understand the theory and practice of suicide-intervention skills.

The skills taught in this evidence-based session can be applied in any professional or personal setting – and the programme is endorsed by the UK ‘Skills for Health’ framework.

This is the UK’s national qualification in suicide prevention setting and is described by expert Dr Paul Rogers as “the gold standard in suicide prevention training”.



SFA  
Suicide First Aid

Part of the  
**Mental health**  
training series



## Duration, delivery and cost

We can deliver this Suicide First Aid course face-to-face or online, to suit your needs.

### Online delivery:

Group size: Up to 16 participants  
Duration: Six hours  
(three 90-minute sessions)  
Online cost: £1,749 + VAT

### Face-to-face delivery:

Group size: Up to 16 participants  
Duration: Full day  
Face-to-face cost: £1,999 + VAT

Endorsed by the UK 'Skills for Health' framework, learners have the option to enrol for a City & Guilds Level 4 accredited unit of learning (for an additional fee, with certification on completion of a written assignment).

### Course overview

Teaching the theory and practice of suicide-intervention skills, which can be applied in any professional or personal setting, captured in a one-day event.

We only use the most-experienced suicide-prevention trainers to deliver this unique learning experience, which is intended for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

### Course content:

SFAUSI is comprised of four parts, each approximately 90 minutes in duration. The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide. It enables participants to competently intervene using a first aid approach.

#### Part one

- Introduction to the day, programme, Remploy 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 vs. outcome of behaviour
- Possible causes of suicide thoughts

#### Part two

- Population-based approach to suicide prevention
- Partnership working
- “I’m really glad you’ve told me” audio visual

## Part three

- Meeting the needs of a person “letting you know”
- Suicide safety guide
- Step one – Recognising suicide and asking about suicide
- Step two – Understanding options

## Part four

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

## Methods of delivery

Taught over six hours using tutor facilitated Socratic learning, tutor-led role-play, mini-lectures, group work and audio-visual presentations. It has some interactive elements - and is an 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.

## Who should attend?

Multi-sector managers and practitioners - including from the health, housing, social care, education and criminal justice sectors – along with call centre operators, private, voluntary and public sector workers and community groups or members.

## Complimentary courses

- Mental Health First Aid (MHFA) 2 day
- Mental wellbeing in the workplace
- Mental health for customer service
- Personal resilience
- Resilience for managers
- Disability and health



## Get in touch

If you would like to book, need more information or a tailored quotation, we can help you at:

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