

Suicide First Aid Lite

A half-day training solution, teaching suicide intervention skills

Group booking options:

Delivery:

Face-to-face
Remote

Participants:

Up to 20
Up to 20

Duration:

Half day
3 hours (over 2 sessions)

Explore the theory
and practice of
suicide prevention skills

Gain the appropriate tools
to respond to those
in suicide crisis

Can be applied in
any professional or
personal setting

Endorsed by the UK
'Skills for Health'
framework

This convenient half-day course will equip employees to spot, understand and respond effectively to signs of suicide intentions.

It explores the potential causes of thoughts of suicide of suicide ideas and provides tools and knowledge to help someone with suicidal thoughts stay safe.

What you'll learn

- Stigma and survivors of bereavement by suicide and the hidden toll
- Suicide - the ripple effect, suicide thoughts and suicide behaviour and possible causes
- Intention of behaviour vs. outcome of behaviour
- Suicide safety guidance
- Recognising and asking about suicide
- Referring a person to suicide first aiders

Who this course is for

Anyone who wants to understand the theory and practice of suicide-intervention skills. It might be attended by managers or practitioners 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.



Course summary

We will teach the theory and practice of suicide-intervention skills, using the most-experienced suicide-prevention trainers to deliver a unique learning experience.

We'll give learners the knowledge and tools to understand that suicide is one of the most-preventable deaths, and how some basic skills can help someone with suicidal thoughts stay safe.

SFA Lite is comprised of two parts, each 90 minutes in duration. The programme teaches the skills needed to identify someone who may

be thinking about suicide – and to refer that person to a suicide first aider.

We use 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.

No previous experience or training is necessary. Participants will be asked to self-reflect and empathise with a person having thoughts of suicide.

About us

Our expert team have been delivering workplace training to organisations from all sectors for decades, helping to shape culture and inclusivity of workplaces across the UK. We specialise in helping both employers and employees to develop the knowledge, confidence and capacity to effectively support colleagues and

individuals with a disability or health condition.

All our training is delivered by a team of experienced consultants, who have extensive knowledge and a practical understanding of workplace issues.

Get in touch

To book, for more information or for a tailored quotation, contact us:



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