

SFA: Suicide First Aid through Understanding Suicide Interventions

The flagship one-day training course teaching suicide-intervention skills and understanding suicide intentions

Group booking options:

Delivery:

Face-to-face
Remote

Participants:

Up to 16
Up to 16

Duration:

Full day
6 hours (over 3 sessions)

Learn about suicide thoughts
and behaviour

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

The UK's national qualification in suicide prevention, this course will enable employees to spot, understand and respond effectively to signs of suicide intentions.

It uses a variety of techniques to equip participants with skills and knowledge around suicide-intervention, creating an emotionally engaging learning experience.

What you'll learn

- Stigma, 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
- Population-based approach to suicide prevention and partnership working
- Meeting the needs of a person "letting you know"
- Recognising suicide, asking about suicide and understanding options
- Safeguarding suicide, self-care and the risk assessment approach
- Connecting after an intervention

Who this course is for

Anyone who wants to understand the theory and practice of suicide-intervention skills. It could help managers or practitioners from the health, housing, social care, education and criminal justice sectors.

Alongside with call centre operators, private, voluntary and public sector workers and community groups or members.

A good, interactive group. Participation was encouraged and I felt comfortable to contribute. The trainer's knowledge was excellent, and it was very helpful to listen to his experiences.

Dave, Wesleyan

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.

Comprised of four parts, each approximately 90 minutes long, the programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide.

We enable participants to competently intervene using a first aid approach.

The course uses 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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