

# Suicide First Aid Lite

## Understanding Suicide Intervention



Learn how to identify signs and symptoms of someone who is suicidal

Our *Suicide First Aid Lite* 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

#### Part 1

- Introduction to the session – programme, ourselves and suicide prevention
- Stigma and survivors of bereavement by suicide and the hidden toll
- Suicide thoughts and suicide behaviour
- Intention of behaviour versus outcome of behaviour
- Possible causes of suicide thoughts
- Suicide – the ripple effect

#### Part 2

- 'I'm really glad you told me' audio visual Suicide Safety Guidance
- Recognising and asking about suicide
- Referring a person onto suicide first aiders



### Course delivery

**Length:** 4 hours

**No. of delegates:** 20 maximum

#### Flexible delivery options:

- ✓ in two parts (each 2 hours)
- ✓ in-person
- ✓ online via Zoom

#### Instructors

This course is run by Suicide First Aid Instructors, with backgrounds in teaching and therapeutic counselling. All training is evidence-based and factual.

#### Optional add-on

This training can be taken as a stand-alone programme or as the first part of a journey to learn further suicide prevention skills.

An ideal forerunner to the full *Suicide First Aid Through Understanding Suicide Intervention* (SFAUSI) course.



For further information or to book, please contact George Peterkin at:

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mind your health

# Suicide First Aid (SFAUSI)

## Understanding Suicide Intervention



Learn how to identify signs and symptoms of someone who is suicidal

Our *Suicide First Aid through Understanding Suicide Intervention* 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

#### Part 1

- Introduction to suicide prevention
- Stigma
- Survivors of bereavement by suicide and the hidden toll
- Suicide thoughts and suicide behaviour
- Intention of behaviour vs. Outcome of behaviour
- Possible causes of suicide

#### Part 2

- Suicide – the 'Ripple Effect'
- Population-based approach to suicide prevention
- Partnership working
- Working with attitudes and values
- 'I'm so glad you told me' audio visual

#### Part 3

- Meeting the needs of a person who is thinking about suicide
- Suicide-safety guide
- Step 1 – Recognising suicide and asking about suicide
- Step 2 – Understanding options

#### Part 4

- Step 3 – Safeguarding suicide
- Suicide-safety and self-care
- The risk assessment approach
- Suicide and suicide gestures
- Future Learning



### Course delivery

**Length:** 6 hours

**No. of delegates:** 16 maximum

#### Flexible delivery options:

- ✓ in four parts (each 90mins)
- ✓ in-person
- ✓ online via Zoom

#### Instructors

This course is run by Suicide First Aid Instructors, with backgrounds in teaching and therapeutic counselling. All training is evidence-based and factual.

#### Accreditation option

Participants have the option of gaining accreditation by paying an additional membership fee. Participants will gain 6 NQF credit points at Level 4 by completing a workbook of tasks (independently after attending the course) that are assessed against the set learning outcomes.



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