

# 'Suicide First Aid Lite'

## Course overview

'Suicide First Aid Lite' (virtual) 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

SFA Lite is comprised of 2 parts, each 90 minutes duration. The programme teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a suicide first aider.

### Part 1 – 90 minutes

- ⚙ 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 – 90 minutes

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

'Suicide First Aid Lite' (virtual) training offers learning outcomes that are knowledge based and factual. This training can be used as a stand-alone programme or as the first part of a journey to learn suicide prevention skills. This programme can be used as a forerunner to the SFAUSI course.



# 'Suicide First Aid' through Understanding Suicide Intervention (SFAUSI)

## Course overview

'Suicide First Aid' through Understanding Suicide Intervention (SFAUSI) 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

SFAUSI is comprised of 4 parts, each 90 minutes duration. The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach.

### Part 1 – 90 minutes

- ⚙ 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 – 90 minutes

- ⚙ 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 – 90 minutes

- ⚙ 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 – 90 minutes

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

## Accreditation option

All participants who attend the course will receive certification of attendance. Participants also 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.

