Self-harm and Suicide: Compassionate intervention

mind your health

DSLs • Pastoral & Wellbeing Leads • Educators • HR & Admin

This course is a perfect complement for the Level 2 First Aid for Mental Health, as well as our Level 2 and 3 Certificates in Counselling.

Learners will be invited to explore the different aspects of self-harm and suicide awareness, and combine it with providing ongoing support following the 3 C's of compassionate conversation; Connection, Choice and Collaboration.

Example of topics covered in this course

- Look at where thoughts of suicide come from and how to identify signs
- Learn at how to intervene
- Learn the difference between self-harm and non-fatal self-injury
- Learn when to escalate or de-escalate
- Learn appropriate language
- Understand how to safeguard appropriately through compassion
- Learn proactive strategies with the development of an individual 'support package'

Course delivery

Length:
7 hours (breaks included)
delivered in one or two sittings
according to your needs
in-person or via Zoom

No. of delegates:
20 maximum

Age of delegates:
18 years and above

Course materials:
✓ Workbook

All of our compassionate intervention courses are delivered by fully-accredited instructors with professional experiences of suicide and self-harm intervention in their roles as accredited therapeutic counsellors or coaches.

Our tutors will bring in 'real life' interventions (whilst practising confidentiality) to make the learning on the compassionate intervention courses as practical and applicable to your work environment.

CPD MEMBER
The CPD Certification Service

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

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Mental Health First Aid • Suicide First Aid • Safeguarding • Mental Health Warrior® Awareness