

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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