

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.



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

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