

The issue of suicide is a serious and complex problem that affects individuals, families, and communities all around the world.

Over 700,000 people take their own life each year – that's one person every 40 seconds¹. In the UK, 115 people die by suicide every week, with 75% of those deaths being male².

There is no denying that suicide is a sensitive and challenging topic that demands attention and awareness. It can be difficult to know how to

start a conversation with someone you are concerned about. Suicide awareness training is aimed at anyone seeking to improve their understanding in this area and apply it to a broad range of personal and professional situations. It explores media and societal attitudes, as well as strategies for early intervention and how to further support and signpost.

View our training course

Aim: To develop an understanding of the potential signs that someone may be having suicidal thoughts and gain the confidence to start a conversation, offer support and signpost for further help.

Delivery options

This training can be delivered virtually or face to face, as a half day session.

Outcomes for the recommended interactive half day session:



Following attendance at this training you will:

- ✓ Understand the prevalence of suicide
- ✓ Consider facts and myths associated with suicide
- ✓ Understand how stigma relates to suicide
- ✓ Understand the causes of suicidal thoughts and why people take their own lives
- ✓ Identify the signs of suicidal behaviour
- ✓ Identify Risk and Protective factors that influence suicide potential
- ✓ Understand how to start difficult conversations and actively listen
- ✓ Understand how to risk assess and when to break confidentiality

The Course

By promoting awareness, reducing stigma, and improving knowledge and skills, the Suicide Awareness course can help save lives and create a more supportive and understanding society.

- ☑ Identify gender differences related to suicide
- ✓ Understand how to prevent suicide
- ✓ Understand how to support someone who is having suicidal thoughts or at risk of taking their own life
- ✓ Understand how to support someone following loss by suicide
- ✓ Identify the stages of grief
- ✓ Understand the importance of self-care in mental health management and when grieving
- Identify organisations that offer additional support

A certificate of completion is provided to all delegates enrolling and fully attending any of the delivery options. The certificate provided can count towards CPD. Number of hours accrued towards CPD: 4.



Up to 4 CPD hours per delegate



Contact our enquiry team on **0121 629 1165** or visit: www.bhsf.co.uk/mental-health-support-training

Lines open Monday to Friday 8.45am to 4.45pm (excluding Bank Holidays). If you are an existing customer, please contact your account manager. BHSF Employee Benefits Ltd, 13th Floor, 54 Hagley Road, Birmingham, BI6 8PE. I WHO (2021) https://www.who.int/news-room/fact-sheets/detail/suicide. 2 ONS. (2022) Quarterly suicide death registrations in England: 2001 to 2021 registrations and Quarter 1 (Jan to Mar) to Quarter 2 (Apr to June) 2022 provisional data. [online] Available at https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/quarter/suicidedeathregistrationsinengland/2001to2021registrationsandquarter/ljantomartoquarter/2aprtojune2022provisional data#:~:text=1.-,Main%20points,equivalent%20to%201%2C201%20registered%20deaths. [Accessed 03.01.23]. ONS(2022)https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/bulletins/suicidesintheunitedkingdom/previousReleases