



Suicide Awareness

Training course

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:

5-25 learners

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
- ✓ 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

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.

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**