

Suicide Responders Course Synopsis

Course Overview

A one-day course (delivered in person only) designed to identify, explore and practice effective response to individuals experiencing suicide thoughts and behaviours. Raising awareness of suicide risk, ideation and potential warning signs, the course builds towards increasing confidence in supporting individuals with suicide thoughts and behaviours in a safe and appropriate way.

Course Objectives

- To be able to identify and respond to an individual needing support through awareness, knowledge and understanding of suicide and suicide behaviour
- To develop confidence to support someone who is experiencing thoughts of suicide
- To understand how to work with someone to create a plan to keep them safe for now

Content Summary

- Background, including statistics, national picture in relation to suicide and societal attitudes and perceptions
- Risk factors for suicide and the effects of stigma, discrimination and shame
- Factors, including psychological aspects, contributing to increased vulnerability to suicide thinking and behaviour
- Awareness of potential signs of suicide thoughts or behaviour
- Exploration of the links between self-harm and suicide
- Effective communication tools, including an understanding of appropriate language and approach
- The importance of hope and protective factors
- Supporting someone experiencing suicide thoughts, and understanding effective safety planning
- Services, resources and further support, including emergency support, available for someone experiencing suicide thoughts

Requirements for attendees:

Over 18.

Comfortable with triggering content including self-harm/suicide.

The course involves open conversation and exploration of suicide together with lived experience video content and is not suitable for those who have been personally affected or bereaved by suicide in the last 12 months (this can be further explored through discussion prior to booking)