

## Suicide Awareness Course Synopsis

### Course Overview

A half-day course (delivered online or in person) designed to raise awareness of suicide. The course explores potential risk factors and warning signs and how to have safe and supportive conversations in the moment about suicide.

### Course Objectives

- To be able to identify an individual needing support through awareness, knowledge and understanding of suicide and suicide behaviour.
- To develop more confidence in approaching the subject of suicide.
- To understand how to assist someone with accessing help and support

### Content Summary

- Background, including statistics, national picture in relation to suicide and attitudes and perceptions
- Risk factors for suicide and the effects of stigma, discrimination and shame
- Potential signs of suicide thoughts or behaviour
- Supporting someone experiencing suicide thoughts
- Services, resources and further support for someone experiencing suicide thoughts

Requirements for attendees:

- Must be over 18.
- No prior knowledge required.
- Comfortable with triggering content including self-harm/suicide.

*The course involves open conversation and exploration of suicide 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)*