



Suicide Responders Training

This one-day workshop aims to develop delegates' understanding of mental health, mental distress and suicide. The workshop will explore why people experience mental distress, the conditions that can cause this to lead to suicidal ideation and someone taking their own life.

Suitable for: NHS, health & social care, voluntary sector and wider public services staff. Individuals who have regular and intense contact with people experiencing mental distress and mental ill health, who may be at risk of self-harm or suicide. This course is aimed at staff who can provide direct interventions through their job role.

 mind Norfolk and Waveney

Registered charity - No. 1118449

Content

- An in-depth understanding of mental health and the factors that can affect wellbeing.
- Practical skills to spot the triggers and signs of mental health issues.
- How to reassure and support a person in distress.
- Enhanced interpersonal skills such as non-judgemental listening.
- How to support someone's recovery by guiding them to additional referral support.
- How to support an adult with a long-term mental health issue or disability to thrive.
- Tools to look after your own mental wellbeing.

Dates

23rd June 2023 (09:30-16:30) - Elizabeth House, Dereham

3rd July 2023 (09:30-16:30) - Kingsgate Community Church, Great Yarmouth

14th July 2023 (09:30-16:30) - Elizabeth House, Dereham

28th July 2023 (09:30-16:30) - Carrowbreck House, Norwich

2nd August 2023 (09:30-16:30) - Carrowbreck House, Norwich

11th August 2023 (09:30-16:30) - Carrowbreck House, Norwich

18th August 2023 (09:30-16:30) - Carrowbreck House, Norwich

21st August 2023 (09:30-16:30) - Great Yarmouth Borough Council, Great Yarmouth

1st September 2023 (09:30-16:30) - South Lynn Community Centre, King's Lynn

To find out more and if you're eligible to book onto a course please:

Visit: www.norfolkandwaveneymind.org.uk/ics-training

Email: training@norfolkandwaveneymind.org.uk

Call: 0300 330 5488

