

Suicide First Aid Training



SFA
Suicide First Aid
Understanding Suicide Intervention



Session overview and objectives

Suicide can be a confronting subject and sadly most of us have been touched by it in some way during the course of our lives. It is a population-wide issue, which requires a community or workplace response. Anyone can learn suicide prevention awareness knowledge and skills – the more people who do, the safer our communities and workplaces will be. Those in ‘people support’ roles such as HR, Wellbeing & D&I teams, MHFAs as well as managers of larger teams are particularly well-placed to be able to support people and knowing the signs to look out for as well as what to do when they see them is a vital part of their duty of care. 1 in 5 people will have suicidal thoughts at any point in time and a supportive workplace conversation can be the one that saves a life.

Only the most experienced suicide prevention trainers are accredited to deliver this unique learning experience and Tara from Team CHAMPS is one of them.

There are two course options available, both of which are endorsed by the UK ‘Skills for Health’ framework and assured by City & Guilds. Both use tutor facilitated Socratic learning, tutor-led practise sessions, mini lectures, group work and audio-visual presentations so that you get a highly interactive and emotionally engaging learning experience. The one-day course goes into greater depth and provides more opportunities to apply and practise the knowledge & skills learned.

No previous experience or training is necessary. Participants will be asked to self-reflect and empathise with a person having thoughts of suicide. There is no discussion about methods of suicide and no expectation for people to share personal experiences.

People who attend either of the two course options available will learn:

- The knowledge and tools to understand that suicide is one of the most preventable deaths.
- Some basic skills that can help someone with thoughts of suicide stay safe from their thoughts and stay alive.
- A structured approach and plan to help guide the conversation.

The one-day course includes an option to enrol in a City & Guilds Level 4 Accredited Unit of Learning (for an additional cost) and the half-day course is assured by City & Guilds with an option to purchase a digital badge/certificate (also at an additional cost).

Please note that this course can be run internationally (with appropriate cultural tailoring), allowing you to create a global network of support with a common understanding and language.

Practical details:

Aimed at: half-day - all employees

one-day - those in ‘people support’ roles (HR/Wellbeing/MHFAs, etc) and / or managers of large teams

Session length: as above

Session style: in-person or online workshop

Number of attendees: up to 16