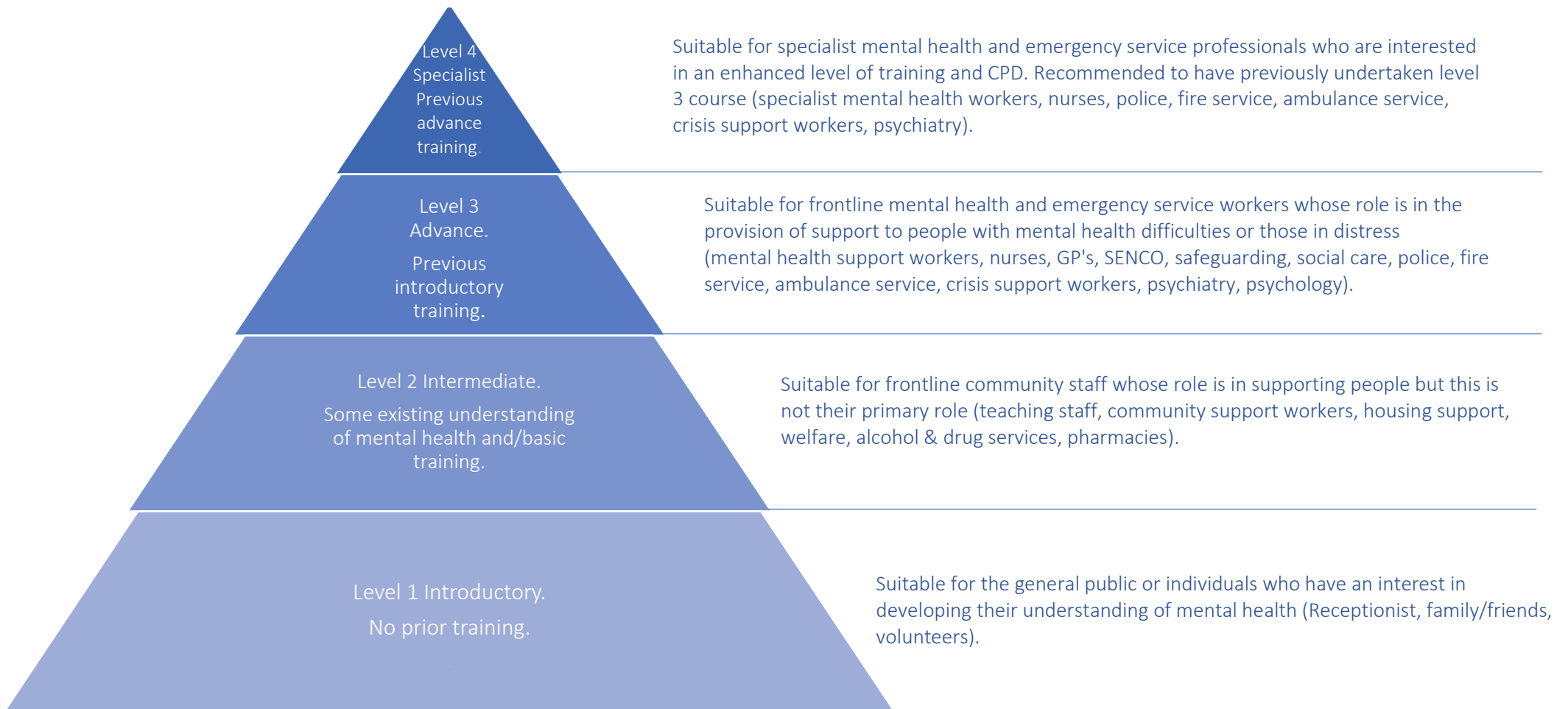


NO MORE Suicide Training Framework - September 2020

Training in suicide prevention can save a life. Skills in listening and talking with people who may have thoughts of suicide or self-harm or have been bereaved by suicide are important for all of us. The table below describes the type of courses that suitable for people and workforces across the 4 levels.



Level 1 - For public, families and individuals with an interest in developing understanding, awareness, confidence.		
	Training:	Learning Outcomes:
<u>Suicide Prevention</u>	Zero Suicide Alliance online.	Free training <ul style="list-style-type: none"> • Step 1 – provides a brief introduction to social isolation and how to help someone who may be isolated. • Step 2 – learning skills to help someone considering suicide. • Step 3 – skills and confidence to help someone considering suicide. Focuses on breaking stigma and encouraging open conversations.
	We need to talk about suicide, online	Free training <ul style="list-style-type: none"> • eLearning module to understanding why talking matters, who is at risk and warning signs, what can be said, support and wellbeing.
	SP-ARK Papyrus face2face – SP-OT	Training at a cost <ul style="list-style-type: none"> • To become more aware of the prevalence of suicide, to examine personal and societal beliefs around suicide • To understand PAPHYRUS beliefs around suicide, to consider how we can all contribute to a suicide safer community.
<u>Self Harm Prevention</u>	Harmless	Training at a cost <ul style="list-style-type: none"> • Develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with. • Explore the impact that service providers, can potentially have upon the health, wellbeing and recovery of those in distress and promote skills that can be used in intervention.
	MindEd Suicide and Self-harm Prevention	Free training <ul style="list-style-type: none"> • eLearning modules focusing specifically on adults, young people and skills for schools • sessions focused on knowledge and understanding for frontline workers, volunteers and families.
<u>Suicide Bereavement</u>	SBUK 'On The Go' - online training	Training at a cost Level 1 <ul style="list-style-type: none"> • Suicide Bereavement & Language - To explore why language is important in suicide bereavement and increase understanding of appropriate language use. <ul style="list-style-type: none"> ◦ To offer an opportunity to update language skills by taking a fresh and contemporary look at recent linguistic changes in this field. • Talking with Children and Young People When There Has Been a Suicide - To explain why honest information about a death is helpful to children. <ul style="list-style-type: none"> ◦ It will explore the use of language for children of different ages and how to choose words that make these difficult conversations possible.

		<ul style="list-style-type: none"> • Post Traumatic Growth - Offer a general overview of the concepts involved in PTG <ul style="list-style-type: none"> ◦ Develop understanding of PTG with relevance to suicide bereavement ◦ Give a snapshot of research to date on PTG
<u>Level 2 - Frontline community workers/volunteers who support others, but mental health is not primary role e.g. Carers, welfare, housing, teachers, education, alcohol & drug services, pharmacies.</u>		
	Training:	Learning Outcomes:
Suicide Prevention	NO MORE SUICIDE Community Training, direct to workforce and Train the Trainer, contact Wirral Mind learning@wirralmind.org.uk	<u>Training at a cost</u> <ul style="list-style-type: none"> • Be able to identify signs that might suggest someone is thinking about suicide. • Be able to recognise risk and identify risk factors. • Develop skills and have increased confidence to have clear conversations and ask direct questions about suicide. • Have increased confidence to support someone who is feeling suicidal • Have an increased knowledge of support services available to signpost people to and be able to list key support services for people who feel suicidal.
	We need to talk about suicide, online	<u>Free training</u> <ul style="list-style-type: none"> • eLearning module to understanding why talking matters, who is at risk and warning signs, what can be said, support and wellbeing.
	SERIOUS for those working with children and young people <i>face2face</i>	<u>Training at a cost</u> <ul style="list-style-type: none"> • To help professionals working with children and young people to spot the signs of a young person at risk of suicide and, more importantly, to build confidence in professionals to talk openly with young people about suicide.
	4MH Community Suicide Awareness <i>face2face/webinar</i>	<u>Training at a cost</u> <ul style="list-style-type: none"> • Improve individual wellbeing and develop emotional resilience • Address stigma around mental health and suicide • Ensure a safe, appropriate and compassionate, person-centred response to someone in distress • Establish a common language to improve communication across different sectors and promote a more integrated response across statutory services • Third sector providers and communities.
	Samaritans Managing Suicidal Conversations	<u>Training at a cost</u> <ul style="list-style-type: none"> • Show that you have listened, heard and understood, understand and acknowledge suicidal thoughts and feelings • Understand how talking about suicidal thoughts and feelings can be beneficial • Recognise signs of distress and suicidal thoughts, approach someone who is feeling suicidal, support or refer someone who is feeling suicidal.

	SP-OT. Papyrus face2face <i>Training by the following providers is suitable for the children and young people's workforce: Papyrus, STORM, Harmless, 4mental health and SERIOUS- Merseyside Youth Association.</i>	<u>Training at a cost</u> <ul style="list-style-type: none"> To become more aware of the prevalence of suicide, to examine personal and societal beliefs around suicide. To understand PYPYRUS beliefs around suicide, to consider how we can all contribute to a suicide safer community.
	Living Works 'Start'	<u>Training at a cost</u> <ul style="list-style-type: none"> Learn how to recognise the signs of suicide. Develop the skills to connect someone to help and support. Learn a powerful four-step model to keep someone safe from suicide.
<u>Self Harm Prevention</u>	Harmless	<u>Training at a cost</u> <ul style="list-style-type: none"> Develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with. Explore the impact that service providers, can potentially have upon the health, wellbeing and recovery of those in distress and promote skills that can be used in intervention.
	4MH SH Awareness	<u>Training at a cost</u> <ul style="list-style-type: none"> Explore the myths and stigma associated with self-harm Understand the range of coping mechanisms when facing challenging life events Understand the prevalence of self-harm, be aware of research on self-harm including the link to suicide Understand reasons why people self-harm, learn about the biological and psychological effects of self-harm on an individual Compassionate ways to support someone who uses self-harm as a coping mechanism Supporting people to find safer ways to deal with distress to support recovery from self-harm Be aware of resources available to support someone who self-harms.
	MindEd Suicide and Self-harm Prevention	<u>Free training</u> <ul style="list-style-type: none"> eLearning modules focusing specifically on adults, young people and skills for schools sessions focused on knowledge and understanding for frontline workers, volunteers and families.
<u>Suicide Bereavement</u>	SBUK 'On The Go' - online training	<u>Training at a cost</u> <u>Level 2</u> <ul style="list-style-type: none"> Applying the 'Grief Map' Model to Support People Bereaved by Suicide - To enable professionals to offer those bereaved by suicide a map to identify how they have been impacted by suicide and direction on how to navigate their grief.

Level 3 - Frontline workers who support people in distress/ with mental health concerns. <i>Safeguarding, social care, recovery workforce, nurses, Primary care staff & GPs, police, fire, ambulance</i>		
	Training:	Learning Outcomes:
<u>Suicide Prevention</u>	<p>SUICIDE FIRST AID Lite – half day SUICIDE FIRST AID - full day SFA Understanding Suicide Intervention City & Guilds registered workshops which provide learners with the confidence and tools to understand the impact of suicide and, using a first aid approach, take someone who is experiencing thoughts of suicide from a place of danger and isolation to a place of safety and support.</p> <p>The full day course goes into more detail than the lite version and incorporates further appropriate activities to support learning. This course supports learners to apply for a Level 4 Unit Accredited Qualification in Suicide Prevention upon submission of an assignment (for learners who wish to apply for this qualification, they are required to enrol with City & Guilds at a cost of £85)</p>	<p><u>Training at a cost</u> At the end of the training participants will be able to:</p> <ul style="list-style-type: none"> • Understand the impact of suicide locally and nationally • Understand suicide approach • Recognise the needs of someone who is experiencing thoughts of suicide • Identify the signs that someone may be experiencing thoughts of suicide • Use a three-step approach to supporting somebody from a place of isolation to a place of safety and support • Understand safety planning and recognising the importance of partnership working • Begin to consider self-care when undertaking suicide prevention.
	SERIOUS for CYP, MYA face2face	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> • To help professionals working with children and young people to spot the signs of a young person at risk of suicide and, more importantly, to build confidence in professionals to talk openly with young people about suicide.
	SP-EAK SP Explore, Ask, Keep Safe Papyrus face2face	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> • To consider our attitudes around suicide, to recognise the ‘signs’ that may indicate someone is having thoughts of suicide • To talk openly about suicide with that person and how we ask about those thoughts • To understand how to listen to someone talking about suicide

		<ul style="list-style-type: none"> To support safety (and a safety plan) with someone thinking of suicide.
	SafeTalk	<p><u>Training at a cost and Real Talk workshops are free</u></p> <ul style="list-style-type: none"> Improves suicide alertness Examines barriers to talking Easy-to-remember 4-step model of suicide alertness Connect people with further help How to hand over to other care providers.
	4MH Suicide Awareness & Response for P Care	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> To address the specific needs of suicide mitigation within Primary Care settings and meet training recommendations for best practice.
	GPs online module Free to members of Royal College of General Practitioners	<p><u>Training at a cost but free to members of RCGP</u></p> <ul style="list-style-type: none"> Background on the problem of suicide, including the demographics of those most affected and the prevention strategies adopted by the four home nations. In the second lesson, the approach to assessing suicide risk and useful interventions are presented, using a case-based approach.
<u>Self Harm Prevention</u>	Harmless	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> Develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with Explore the impact that service providers, can potentially have upon the health, wellbeing and recovery of those in distress and promote skills that can be used in intervention.
	4MH SH Awareness	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> Explore the myths and stigma associated with self-harm Understand the range of coping mechanisms when facing challenging life events. Understand the prevalence of self-harm, be aware of research on self-harm including the link to suicide Understand reasons why people self-harm, learn about the biological and psychological effects of self-harm on an individual. Compassionate ways to support someone who uses self-harm as a coping mechanism, supporting people to find safer ways to deal with distress to support recovery from self-harm Be aware of resources available to support someone who self-harms.
<u>Suicide Bereavement</u>	PABBS	<p><u>Training at a cost</u></p> <p>Aims</p> <ul style="list-style-type: none"> To offer professionals and opportunity to build confidence and skills in caring for those bereaved by suicide. <p>Objectives</p>

		<ul style="list-style-type: none"> • To recognise that supporting those bereaved by suicide – postvention – is a key component of suicide prevention. • To increase understanding of the need to keep the bereaved engaged with services after the suicide. • To enable health professionals to increase their knowledge, confidence, skills and provide a framework and service-response plan for immediate and ongoing support for those bereaved by suicide, and • To help professionals to consider and recognise their own emotional or self-care needs and develop a strategy or support structure (formal or informal) that will be available to them if they lose a client to suicide.
	SBUK Responding to Suicide	<u>Training at a cost</u> <ul style="list-style-type: none"> • Provide ‘active’ first responders with knowledge and skills to respond effectively after a (suspected) suicide • Assist first responders in effective critical incident management • Empower and enable/promote resilience, when responding after suicide • Improve the quality of both psychosocial and peer support services.
	Harmless	<u>Training at a cost</u> <ul style="list-style-type: none"> • Develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with • Explore the impact that service providers, can potentially have upon the health, wellbeing and recovery of those in distress and promote skills that can be used in intervention.
	STORM	<u>Training at a cost</u> Reaching Out workshop: <ul style="list-style-type: none"> • Develop a basic understanding of distress and suicide. • Be able to start a conversation with someone considered a concern for welfare • To help a person stay safe until the Emergency Services arrive, know what to communicate to the Emergency Services • Understand the importance of personal safety, know how to support those involved in the incident. Starting a Conversation workshop: <ul style="list-style-type: none"> • Start the conversation around suicide and self-harm • Understand the connection between suicide and self-harm with emotional health • Learn how the #HeyAreYouOK 3-step approach can help in both our professional personal lives • Continue the conversation with colleagues, friends and family beyond the Workshop #HeyAreYouOK? Workshop for Workplaces: <ul style="list-style-type: none"> • Dispel myths and challenge stigma

		<ul style="list-style-type: none"> • Understand how (di)stress impacts on mental & physical health • Understand the relationship between (di)stress and self-harm & suicide • Build a resilience framework to emotional health
Level 4 - Specialist mental health professionals		
	Training:	Learning Outcomes:
Suicide Prevention	4MH Suicide Response	<u>Training at a cost</u> <ul style="list-style-type: none"> • Improve individual wellbeing and develop emotional resilience • Address stigma around mental health and suicide • Ensure a safe, appropriate and compassionate • Person-centred response to someone in distress • Establish a common language to improve communication across different sectors and promote a more integrated response across statutory services • Third sector providers and communities.
	ASIST	<u>Training at a cost</u> <ul style="list-style-type: none"> • Be suicide alert – identify people who have thoughts of suicide • Understand the reasons behind thoughts of suicide and the reasons for living • Assess risk and safety – develop a plan to increase the safety of the person at risk of suicide • Recognise invitations for help • Recognise potential barriers of seeking help • Offer support – recognise other important aspects of suicide prevention including life-promotion and self-care • Effectively apply a suicide intervention model • Link people with community resources.
	STORM	<u>Training at a cost</u> Reaching Out workshop: <ul style="list-style-type: none"> • Develop a basic understanding of distress and suicide. • Be able to start a conversation with someone considered a concern for welfare • To help a person stay safe until the Emergency Services arrive, know what to communicate to the Emergency Services • Understand the importance of personal safety, know how to support those involved in the incident. Starting a Conversation workshop: <ul style="list-style-type: none"> • Start the conversation around suicide and self-harm • Understand the connection between suicide and self-harm with emotional health • Learn how the #HeyAreYouOK 3-step approach can help in both our professional personal lives

		<ul style="list-style-type: none"> • Continue the conversation with colleagues, friends and family beyond the Workshop <p>#HeyAreYouOK? Workshop for Workplaces:</p> <ul style="list-style-type: none"> • Dispel myths and challenge stigma • Understand how (di)stress impacts on mental & physical health • Understand the relationship between (di)stress and self-harm & suicide • Build a resilience framework to emotional health • Create a compassionate, responsive workplace culture
<u>Self Harm Prevention</u>	Harmless	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> • Develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with. We will explore the impact that we, as service providers, can potentially have upon the health, wellbeing and recovery of those in distress and promote skills that can be used in intervention.
	4MH SH Response	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> • Know and understand more about self-harm including signs and causes • How to talk to someone about self-harm • Techniques for developing and maintaining personal wellbeing & coping strategies to promote resilience • Overview of useful techniques to help people who self-harm including problem-solving techniques • The Bank of Hope™, ABC formulation and more, practice how to talk to someone in distress who may self-harm • Understand the importance of social support and the role of social support mapping in preparation for co-producing Safety Plans, practice • Know-how to co-produce an immediate and long-term Safety Plan.
	STORM	<p><u>Training at a cost</u></p> <p>Reaching Out workshop:</p> <ul style="list-style-type: none"> • Develop a basic understanding of distress and suicide. • Be able to start a conversation with someone considered a concern for welfare • To help a person stay safe until the Emergency Services arrive, know what to communicate to the Emergency Services • Understand the importance of personal safety, know how to support those involved in the incident. <p>Starting a Conversation workshop:</p> <ul style="list-style-type: none"> • Start the conversation around suicide and self-harm • Understand the connection between suicide and self-harm with emotional health • Learn how the #HeyAreYouOK 3-step approach can help in both our professional personal lives

		<ul style="list-style-type: none"> • Continue the conversation with colleagues, friends and family beyond the Workshop <p>#HeyAreYouOK? Workshop for Workplaces:</p> <ul style="list-style-type: none"> • Dispel myths and challenge stigma • Understand how (di)stress impacts on mental & physical health • Understand the relationship between (di)stress and self-harm & suicide • Build a resilience framework to emotional health <p>Create a compassionate, responsive workplace culture</p>
<u>Suicide</u> <u>Bereavement</u>	PABBS	<p><u>Training at a cost</u></p> <p>Aims</p> <ul style="list-style-type: none"> • To offer professionals and opportunity to build confidence and skills in caring for those bereaved by suicide. <p>Objectives</p> <ul style="list-style-type: none"> • To recognise that supporting those bereaved by suicide – postvention – is a key component of suicide prevention. • To increase understanding of the need to keep the bereaved engaged with services after the suicide. • To enable health professionals to increase their knowledge, confidence, skills and provide a framework and service-response plan for immediate and ongoing support for those bereaved by suicide, and • To help professionals to consider and recognise their own emotional or self-care needs and develop a strategy or support structure (formal or informal) that will be available to them if they lose a client to suicide.
	Harmless	<p><u>Training at a cost</u></p> <ul style="list-style-type: none"> • Develop an understanding of the key issues faced by people in distress and by the services that these individuals come into contact with. Explore the impact that service providers, can potentially have upon the health, wellbeing and recovery of those in distress and promote skills that can be used in intervention.