Let's Talk About Suicide

**Availability:** Online. / **Duration:** 60 minutes.

Let's Talk About Suicide is a free online suicide prevention training programme that helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.

This introductory programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace.

**Who is this training for**?
Let's Talk About Suicide is an introductory programme that is suitable for anyone over the age of 18 who wants to learn basic suicide prevention skills.

**What will I learn from this training?**
The purpose of Let's Talk About Suicide is to provide participants with the knowledge and confidence to have a conversation with another person who may be thinking about suicide. The programme will also provide participants with a sense of hope and reassurance that suicide prevention is possible.

The programme is intended to help participants:

- Recognise the signs that someone may be thinking about suicide.
- Confidently engage with a person and speak openly about suicide.
- Support a person who is thinking about suicide, to get help.
- Practice self-care when supporting a person who is having thoughts of suicide

# safeTALK

**Availability:** In-person. / **Duration:** 3 hours (One half day).

This 3-hour suicide prevention programme. safeTALK helps participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe.

safeTALK suicide alert helpers are trained to:

- Understand the importance of suicide alertness and move beyond common tendencies to miss, dismiss or avoid signs of suicide risk
- Identify people who have thoughts of suicide
- Apply the TALK (Tell, Ask, Listen and Keep safe) steps to connect a person with suicidal thoughts to people and agencies that can help.
- Have increased knowledge of resources in your local

**All training programmes are free and fully funded by HSE National Office for Suicide Prevention.**

**Who should attend these programmes?**
Anyone over the age of 18, including first responders, health and social care professionals, education and training providers, community workers, clergy, volunteers. This training is suitable for everyone who wants to help prevent suicide and is prepared to become suicide alert.

These educational programmes are designed to be helpful and supportive, however, it is recommended that anyone recently bereaved should consider waiting 12 months before participating in training.

**To access training information and to register for training please click on the link below or scan the QR Code**
www.bookwhen.com/suicidepreventiontrainingmidlands

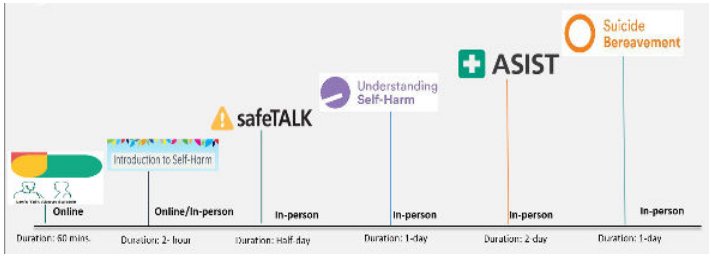
HSE

Connecting for Life Midlands

# Education and training programmes




**Levels in suicide prevention training:**
Level 1: General Awareness – Let's Talk About Suicide
Step 2: Alertness Skills – safeTALK
Step 3: Intervention Skills – A.S.I.S.T.
Step 4: Assessment and Management Skills – Clinical Programmes



# ASIST

**Availability:** In-person. **Duration:** Two full consecutive days. Attendance at the full two days is mandatory

ASIST (Applied Suicide Intervention Skills Training) participants are enabled to reduce the immediate risk of a suicide. It helps them seek a shared understanding of the reasons for suicide and reasons for living.

**Who is this training for?**
This training is suitable for caregivers who regularly have contact with vulnerable groups in their work or role in the community.

Participants should have completed safeTALK Training prior to undertaking A.S.I.S.T.

**What will I learn at this training?**
Most people thinking about suicide signal and share their pain – they offer us opportunities to respond. Suicide intervention training can help all of us see, hear and respond to these invitations. Participants also consider how personal attitudes and experiences might affect their helping role with a person at risk.

Participants will feel challenged and safe, and work interactively with others in small groups. They will learn a suicide first aid model that provides a framework for skills practice and experience powerful audio visuals.

ASIST helps people apply suicide first aid in lots of different settings – with family, friends, co-workers and in more formal helping relationships.

Participants will become better prepared to:

- Recognise invitations for help.
- Reach out and offer support.
- Review the risk of suicide.
- Work with persons with thoughts of suicide to develop a safe plan.
- Link with community resources.

# Introduction to Self-Harm

**Availability:** Online or in-person workshop / **Duration:** 2-hours

This Introduction to Self-Harm awareness programme may be completed online or in-person, on request from a school, community or workplace setting.

**Who is this training for?**
The training is suitable for those who seek to understand more about self-harm and the reasons underlying self-harm behaviours.

The objectives of this introductory facilitated programme:

- To increase awareness and personal attitudes in relation to self-harm behaviour.
- To develop an understanding of the feelings and causes underlying self-harming behaviour and the various types.
- To gain information on how to provide support to those engaging in self-harm and the additional supports and resources that are available.

# Understanding Self-Harm

**Availability:** In-person. / **Duration:** One full day. Non-clinical.

This programme helps to develop a participants knowledge and understanding of self-harm and the reasons underlying such behaviour. The training aims to reduce the stigma of self-harm, improve awareness and sensitivities to self-harm issues, and promote effective care services for those who self-harm.

**What will I learn at this training?**
At the training, participants consider:

- How personal attitudes and experiences might affect their helping role with a person who self-harms.
- Clarify what self-harm is.
- What leads people to engage in the behaviour and considers its relationship with suicide.
- The causes, reasons behind the behaviour, and the functions of self-harm.
- Positive approaches to engaging with and caring for someone who self-harms are presented.

Active participation is encouraged. The training also includes audio-visuals and group work

# Suicide Bereavement

**Availability:** In-person / **Duration:** One full day.

**Who is this training for?**
This is a workshop for professionals and key contact people providing support to those bereaved through suicide. The workshop explores the unique needs of suicide bereavement so that participants become more equipped to provide support in the safest and most effective ways possible.

Participants must have completed safeTALK and/or A.S.I.S.T. Training.

**What will I learn at this training?**
The workshop has been designed to be participative and experiential. At the end of the workshop participants can expect to:

- Understand the grieving process, the context of suicide and the risk factors associated with suicide.
- Have developed their understanding of the key elements of supporting someone bereaved by suicide.
- Be able to apply the learning from this workshop to their own practice and support people bereaved by suicide.

The key to understanding someone's grief is understanding the significance in their life of the person who has died. Participants will:

- Develop a knowledge and understanding of the grieving process.
- Enhance their skills in supporting people bereaved by suicide.