

Let's talk about suicide

If someone you knew was struggling with their mental health, and had suicidal thoughts, would you know what to do?

The answer for many is no! It is often difficult to recognise warning signs and understand risk. Knowing what to say and what to do is a big factor.

Suicide Awareness for Everyone (S.A.F.E) is an introductory talk about suicide, raising awareness, & reducing the stigma. Interested to know more...

You could learn how to save a life.

wemindandkellymatters.org.uk

Training Programmes

Suicide Awareness & Prevention



Suicide... It's an emotive and sensitive subject. Many of us don't talk about it or understand how to talk safely about suicide.

By spending a few hours attending training you can gain some valuable knowledge and skills that will stay with you for life, and **you may just save a someones life!**

Suicide Awareness for everyone #safetalks

What you'll cover:

Awareness about Suicide, Using the right language, Understanding warning signs, and much more.

What you'll gain for life:

Skills to identify a colleague, friend or family member who may be struggling. Understand what the important questions are, and how to signpost to get the right support.

Duration:

3 hours

A basic level for all to gain a better understanding

Level 2 qualification in Suicide Awareness

What you'll cover:

Gain a greater understanding of suicide risk. Learn how life can impact mental wellbeing, and lead to negative thoughts & feelings, recognise that suicide is preventable.

What you'll gain for life:

Level 2 Qualification – you need to submit evidence of learning for assessment. Full support included. Accredited with NCFE|CACHE

Duration:

2 days (Approx. 13 guided learning hours.)

If you are interested in furthering your learning you can progress to the other levels

Level 3 qualification in steps to suicide reduction

What you'll cover:

Enabling learners to recognise stressors, risks and triggers. Learn how to use the STEPS model to have those important conversations about suicidal thoughts.

What you'll gain:

Level 3 Qualification – you need to submit evidence of learning for assessment. Full support included. Accredited with NCFE|CACHE

Duration:

2 days (Approx. 8 guided learning hours.)

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