**SUICIDE FIRST AID THROUGH UNDERSTANDING SUICIDE INTERVENTION**

**Course overview:**

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event accredited by City and Guilds of London. We use only the most experienced suicide prevention trainers to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.

The Suicide First Aid through Understanding Suicide Intervention (SFAUSI) course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

**Course content:**

SFAUSI is comprised of 4 parts, each 90 minutes duration. The programme teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide- safety as a first aid approach.

Part 1 - 09:30 to 11:00

Introduction to: the day; programme; ourselves and suicide prevention Stigma, Survivors of bereavement by suicide and the Hidden Toll  
Suicide thoughts and suicide behaviour  
Intention of behaviour Versus Outcome of behaviour

Possible Causes of Suicide thoughts Part 2 - 11:15 to 12:45

Suicide – the Ripple Effect  
Population-based approach to suicide prevention Partnership working  
Working with attitudes and values  
“I’m so glad you told me” audio visual

A 1-day training solution teaching suicide intervention skills

The course has been accredited by City & Guilds of London. Upon satisfactory completion participants attain 6 NQF credits at level 4.

Part 3 - 13:30 to 14:45

Meeting the needs of a person who is thinking about suicide Suicide-Safety Guide  
Step 1 – Recognising suicide and Asking about suicide  
Step 2 – Understanding options

Part 4 - 15:00 to 16:30

Step 3 – Safeguarding suicide Suicide-safety and self-care  
The risk assessment approach Suicide and suicide gestures  
Future learning

**Evidence Base:**

Two independent evaluations in 2016 and 2017 by Dr Paul Rogers demonstrated significant statistical change in 14 of 19 measures. Increased confidence and reduced anxiety in dealing with suicide, were among the leading outcomes.

**Methods of delivery:**

Taught over 6 hours using tutor facilitated Socratic learning, tutor-led role- play, mini lectures, group work and audio-visual presentations. This is a highly interactive and emotionally engaging learning experience.

**Pre-training requirement:**

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 expectation on participants to share personal experiences.

**Who should attend?**

Multi-sector managers and practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers and community groups or members.

**Accreditation**

Participants will gain 6 NQF credit points at Level 4 by completing a workbook of tasks that are assessed against the set learning outcomes.

**www.suicidefirstaid.uk info@ncspt.org.uk**