



Suicide First Aid Lite Training – 3 hour course

SFA: Suicide First Aid through Understanding Suicide Interventions

This 3 hour course is a great half day alternative to the 1-day Suicide First Aid through Understanding Suicide Interventions. The Suicide First Aid Lite 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 overview:

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 3 hours as a suicide prevention awareness session. Delivered by qualified and very 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.

Methods of delivery:

Delivered online or face to face

Taught over 3 hours using tutor facilitated socratic learning, tutor-led role-play, mini lectures, group work and audio-visual presentations. This has some interactive elements and is an emotionally engaging learning experience.

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.

Course content:

SFA Lite is comprised of 2 parts, each 90 minutes. The programme teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a suicide first aider.

Part 1 – 90 minutes

- Introduction to the session; programme, ourselves and suicide prevention
- Stigma and 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
- Suicide – the ripple effect

Break

Part 2 – 90 minutes

- 'I'm really glad you told me' audio visual
- Suicide Safety Guidance
- Recognising and asking about suicide
- Referring a person onto suicide first aiders

Suicide First Aid Lite training offers learning outcomes that are knowledge based and factual. This training can be used as a stand-alone programme or as the first part of a journey to learn suicide prevention skills.

The one-day programme Suicide First Aid through Understanding Suicide Interventions is a City & Guilds qualification programme and the next step for people wanting a more in-depth practice-based approach to the learning.

Pre-training requirement

The information in SFAL is easy to grasp for people of all skill levels and those with no prior knowledge of the subject. It is designed to meet the needs of and could be used as a forerunner to the one-day Suicide First Aid Programme. For more details, please get in touch.

How to access Bath Mind's SFAL training:

Public Courses

We will soon run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

Cost

We value this course at £85 per person. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all.

In-House Courses

We run courses for groups of up to 20 colleagues within your organisation.

Costs:

- o 10 - 12 participants: £1360
- o 13-16 participants: £1530
- o 17 -20 participants: £1700

Bookings:

- We will work with you to book convenient training dates for your colleagues
- We will need 2-3 weeks' notice for any bookings
- You are welcome to invite colleagues from partner organisations to join and share costs
- We are able to offer a discount for charities and education bodies. Please ask for more information

Get in touch:

Whether you are interested in training as an individual, or in booking training for your organisation, [contact Hannah Roper](#), Director of Business Development at Bath Mind to discuss your requirements.

hannahroper@bathmind.org.uk

07943 496 835



Suicide First Aid Training – 1 Day Course

SFA: Suicide First Aid through Understanding Suicide Interventions

This one-day training course for suicide intervention skills has been developed in partnership with the International City & Guilds Approved Centre Suicide First Aid Qualifications. The course has been accredited by City & Guilds of London. Participants have the opportunity to attain 6 QCF credits at level 4 by completing an additional assessment.

The UK's only level 4 externally accredited suicide prevention programme. National Accredited Unit of Learning at level 4 in Suicide Prevention and setting the "Gold Standard in Suicide Prevention Training."

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. Delivered by qualified and very 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.

Course content:

- The impact and value of personal and professional experience with suicide
- Barriers that prevent people at risk seeking help
- Prevalence of suicide thoughts and suicide behaviours
- The Signs of Suicide and the *Suicide-Safety Guide*
- Partnership working and community resources


Methods of delivery:

Delivered online or face to face

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.

Either delivered over 1 day or broken down into 2 3 hour sessions over 2 days.

- Suicide behaviour; reasons and magnitude of the community health problem

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- Role of the carer in managing suicide interventions; different roles with different people
 - Understand approaches and process of suicide intervention including desired outcomes
 - Understand the importance of self-reflection and personal impact when working with suicide and people at risk

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.

Accreditation

As an addition to attending this training participants will gain 6 QCF credit points at Level 4 by completing a workbook of tasks that are assessed against the set learning outcomes. (Additional charge of £85 to C&G applies – for more information on this accreditation please get in touch.)

How to access Bath Mind's SFA training:

Public Courses

We will soon run courses which are open for individuals to sign up to, on a regular basis - contact us or check our website for upcoming courses.

Cost

We value this course at £163 per person. Costs may vary depending on circumstances, and we endeavour to make the training accessible and affordable to all who are committed to completing Suicide First Aid training.

In-House Courses

We run courses for groups of up to 16 colleagues within your organisation. This allows your organisation to create a cohort of Suicide First Aiders.

Costs:

- o 8-10 participants: £2100
- o 11-13 participants: £2340
- o 14-16 participants: £2600



Bookings:

- We will work with you to book convenient training dates for your colleagues
- We will need 2-3 weeks' notice for any bookings
- You are welcome to invite colleagues from partner organisations to join and share costs - we can have up to 16 people in each cohort
- We are able to offer a discount for charities and education bodies. Please ask for more information

Get in touch:

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