

Self-harm Mitigation Complete Course Suicide Prevention



We also offer these courses with the Postvention element as an add on.

Suicide Prevention

Module 1: Assessment of Risk

Suicide intent
Degree & seriousness
of that intent
Hopelessness
Background leading
up to suicide becoming
an option
Associated risk &
protective factors

Suicide Prevention

Module 2: Safety Planning

Developing a safety plan
for the immediate risk
A guide to levels of risk
Safety - Removal or
restriction of the
methods identified
Signposting & support
Coping strategies and
self-help

Suicide Prevention

Module 3: Problem Solving

Learn a basic problem
solving technique
Teach the technique
to others

Suicide Prevention

Module 4: Future Safety Planning

Recovery through
collaboration
Identifying signs &
indicators
Signposting & support
Coping strategies and
self-help
Developing a plan for both
early indication of distress
and a worsening situation

Self-injury Mitigation

Module 1: Assessment of Risk

Assessing the physical
injury; degree &
seriousness of the injury
Suicide intent
Signs & indicators
Need to intervene
Background leading
up to self-injury

Self-injury Mitigation

Module 2: Safety Planning

Developing a safety plan
for the immediate risk
Injury care
Signposting & support
Immediate safety plan
Continue or S.T.O.P –
appraisal of need to self-
injure; appraisal of coping
strategies; and safety
planning for the future

Postvention Course

A strategic approach to support in the Workplace or School following a tragic death by suicide.

Learn how:

- Suicide impacts on the lives of others
- To identify individuals who may need more specialist help
- To build a Support & Safety Plan for the Workplace or School community as part of a strategic Postvention approach

The course:

- Develops an understanding of expressions of grief
- Develops an understanding of complex & prolonged grief
- Promotes a positive and enabling approach
- Develops skills in Postvention planning, which includes short term and continued support, identifying those needing more specialist help, and Safety Planning

For more
information
contact us on
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