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

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

Module 3: Problem Solving
- Learn a basic problem solving technique
- Teach the technique to others

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

Module 2: Safety Planning
- Developing a safety plan for the immediate risk
- Injury care
- 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 0161 209 3324