



## Suicide-Safer London CIC

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[www.suicidesaferlondon.org.uk](http://www.suicidesaferlondon.org.uk)

## Understanding Suicide intervention<sup>1</sup> 1-day training intervention – 6 hours

### 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 experienced suicide prevention trainers to deliver a 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:

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

### Learning outcomes:

- Suicide behaviour; reasons and magnitude of the community health problem.
- 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 develop empathy with a person having thoughts of suicide.

### Who should attend?

Multi-sector practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers

### Accreditation

Participants wishing to gain 6 QCF credit points at Level 4 for this learning have the option of completing a workbook of tasks that can be assessed against the set learning outcomes.

### Related courses:

Self-harm and Adults, Applied Suicide Intervention Skills Training, Mental Health First Aid, Understanding Suicide Intervention in Children & Young People

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24<sup>th</sup> September 2015

### Understanding Suicide Intervention

“Our team have attended Suicide Intervention training recently and yesterday we had the opportunity to put this training into action.

We have been dealing with an abandoned property where we had been unable to locate the tenant who had apparently moved out in December. As a last resort we contacted the Police to report the tenant as a possible missing person.

The Police finally managed to locate her at an alternative address and we met with her yesterday regarding her property. At this meeting it was apparent that the lady had severe mental health problems and suicidal behaviour and thoughts. She was not engaging with anyone and had not visited her GP for 6 months. We put the training into action and asked her directly whether she was thinking about suicide, which she was. We spent some time with her listening to her, exploring options and finally coming up with a plan (part of the suicide safety guide). We offered to take her to her GP yesterday but she promised us she would get an appointment herself and take a friend.

She has since contacted us to say she has attended the appointment with her GP and will be getting an emergency psychiatric appointment within 7 days. We have also referred her to tenancy support and MIND and will be visiting her next week to help support her move back into her flat. This was a very difficult situation but the training helped us and we have got a positive result for the tenant as she has taken the first step into getting help. It also shows our caring side in Tenancy Management!”

- feedback form Newport City Homes, September 2015: quoted with permission: