



# Suicide Prevention Sessions 2023

February to June





safeTALK, is around three hours in duration, and is training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide
- identify people who have thoughts of suicide
- apply the *TALK* steps (*Tell, Ask, Listen* and *KeepSafe*) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.



The ASIST workshop is about **suicide first-aid**; about helping a person at risk stay alive and seek further help.

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

**This is a two-day, highly interactive, practical, practice-oriented workshop and participation in the full two days is required.**

As part of this course you will:

- Participate in small group discussions and **skills practice** that are based upon adult learning principles.
- Experience powerful videos on suicide intervention.
- Feel challenged and safe.      Learn suicide first aid.

Evaluations have shown that the workshop increases knowledge and confidence to respond to a person at risk of suicide, that intervention skills are retained over time and that they are put to use to save lives.



## Scotland's Mental Health First Aid (SMHFA)

The SMHFA course takes 12 hours to complete. It can be presented in a range of formats to suit different groups.

The following is a brief outline of what is covered on the course:

- guidance on being a Mental Health First Aider
- attitudes to mental health issues
- equalities
- the recovery message
- the impact of alcohol and drugs on mental health
- introduction to suicide intervention
- listening skills

- understanding depression
- how to offer first aid to someone experiencing depression
- understanding anxiety
- how to offer first aid to someone experiencing anxiety
- understanding psychosis
- how to offer first aid to someone experiencing a psychotic episode.

The course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress. Mental Health First Aid is an initial response to distress and all participants on the course understand that this help is given only until other suitable or professional help can be found.



## What's The Harm? Self – Harm Awareness & Skills Training

This **1-day workshop** aims to help dispel the myths about self-harm and equip participants to support people who may self-harm.

**At the end of the programme, participants will be able to:**

1. State a definition of self-harm, which recognises that it is predominantly a coping strategy.
2. Describe the difference between self-harm and suicide.
3. Discuss the spectrum of self-harm behaviour.
4. Describe the emotional, social and physiological factors that may underlie self-harming behaviours.
5. Reflect on your own feelings and reactions to self-harm and how these can impact on interventions.
6. Describe a range of appropriate and safe responses/interventions, including harm reduction.

Discuss issues which impact on working with self-harm within the context of your own workplace/ role

## Training Programme February to June 2023

Venue for ALL courses : The FYF Charity Hub, St James House, 25 St James' St, Paisley PA3 2HQ

<b>Date</b>	<b>Course</b>	<b>Time</b>
20 & 21 February	ASIST (Applied Suicide Intervention Skills Training)	08:45 to 16:30
28 February	What's the Harm	0900 to 1630
6 & 7 March	SMHFA (Scotland's Mental Health First Aid)	0900 to 1630
13 & 14 March	SMHFA (Scotland's Mental Health First Aid)	0900 to 1630
27 & 28 March	ASIST (Applied Suicide Intervention Skills Training)	08:45 to 16:30
17 April	safeTALK ( suicide awareness for everyone)	0900 to 1300
22 May	safeTALK ( suicide awareness for everyone)	0900 to 1300
24 & 25 May	ASIST (Applied Suicide Intervention Skills Training)	08:45 to 16:30
7 & 8 June	ASIST (Applied Suicide Intervention Skills Training)	08:45 to 16:30
22 June	What's the Harm	0900 to 1630

## **Who Should Attend ?**

If you have an interest in mental health and suicide prevention, then one of these courses might be for you. If you wish to discuss the options please do contact Douglas Johnston (contact details below).

These courses are open to anyone who lives and/or works within Renfrewshire local authority area. Consequently the participants will be a mix of folks from statutory and voluntary sector agencies and from a diverse range of backgrounds.

If you do not live and/or work within Renfrewshire but still wish to attend, please contact Douglas Johnston to discuss.

You need **NO** prior knowledge to attend these courses, **BUT** you do need to be willing to participate in the training and be willing to learn.

Please complete a booking form or access via your CPD site to apply for a place.

**To discuss any enquiries or if you have any questions about anything to do with the above courses please contact :**

**Douglas Johnston, Choose Life Service Coordinator,  
e mail: [chooselife.sw@renfrewshire.gov.uk](mailto:chooselife.sw@renfrewshire.gov.uk)**