

Suicide First Aid Lite - Awareness of Suicide Prevention

Course Aim

The Suicide First Aid Lite - Awareness of Suicide Prevention course supports workplace suicide prevention by equipping delegates with the skills to recognise warning signs and hold safe, supportive conversations.

It also provides a foundation for those who may be interested in progressing to the full-day [Suicide First Aid](#) course, which includes more detailed practical training and the option to achieve a Level 4 qualification.

Course Duration

This is a half-day course

Certification

Upon completion, delegates will receive a digital badge from NCSPET (National Centre for Suicide Prevention Education and Training), demonstrating their knowledge of suicide prevention as a Suicide First Aider®, along with a certificate of attendance.

Delegates may also be interested in progressing to the full-day [Suicide First Aid course](#), which covers a wider range of topics and the option to achieve a Level 4 qualification.

Who Should Attend?

This course is open to delegates interested in suicide prevention and mental health advocacy across all sectors. The Suicide First Aid Lite - Awareness of Suicide Prevention course is designed to build your confidence and ability to recognise warning signs and help prevent suicide.

Whether you support others as part of your role, or simply want to make a difference in your workplace or community, this training equips you with practical skills and knowledge to confidently deliver compassionate support at critical moments.

It is particularly relevant for:

- Mental Health First Aiders - learn more about our [Mental Health First Aid course](#).
- Managers, Depot Managers, Supervisors and Team Leaders
- Foremen and Site Managers
- Control Room Staff
- Charity Workers and Helpline Supporters
- Health & Safety, HR and Occupational Health professionals
- Staff involved in Diversity, Inclusion and Organisational Wellbeing
- Customer-facing employees (e.g., shopping centre staff)

Suicide First Aid Lite - Awareness of Suicide Prevention



Agenda

Delivered by the National Centre for Suicide Prevention, Education & Training, the session includes group discussions, interactive exercises, breakout rooms, skills practice and video-based learning.

Key areas covered:

Recognition & Prevention: Focusing on workplace wellbeing, delegates will learn how to identify signs of distress and guide individuals to appropriate support.

Intervention: How to respond when someone shows signs of distress, knowing what to say, how to listen without judgement, creating a safe space and helping them access the right support.

Postvention: Working together on a postvention strategy to support individuals and their teams impacted by suicide in the workplace, focusing on compassionate communication, maintaining confidentiality and creating a space for grief and healing.

What You'll Learn

Session 1:

- The 3 core beliefs
- The definition of suicide
- The potential impact of language used
- The hidden toll
- The ripple effect
- The suicide continuum
- Understanding intention vs outcome
- Contributing factors to thoughts of suicide
- Video & discussion

Session 2:

- Survival instinct
- Suicide safety guide 3 step model
- Recognising the signs of suicide
- Piecing the jigsaw together
- How to ask about suicide
- How not to ask about suicide
- How to listen non judgementally
- Introduce & explore options
- Helping them cope
- Immediate safety - staying safe
- Partnership working