

Suicide First Aid - Understanding Suicide Prevention

Course Aim

This training is designed in line with the upcoming British standard BS 30480, the first national standard addressing suicide prevention in the workplace, ensuring the course reflects the latest best practice.

The Suicide First Aid Course is designed to provide delegates with the knowledge and practical skills to recognise the warning signs of suicide, initiate safe and supportive conversations and take appropriate steps to prevent crisis.

Delegates will explore effective strategies for intervention and postvention, focusing on providing compassionate support and practical guidance to individuals and teams affected by suicide.

Course Duration

This is a 1 day course

Certification

Upon successful completion of the Suicide First Aid - Understanding Suicide Prevention Course, delegates will receive a certificate issued by the National Centre for Suicide Prevention, Education & Training.

The course is accredited by the Royal Society for Public Health (RSPH), ensuring it meets nationally recognised quality standards.

Who Should Attend?

This course is ideal for delegates committed to promoting mental health awareness and suicide prevention in their workplace or community.

Whether you work in a role where others turn to you for support, or you're simply looking to build the skills to recognise warning signs and help prevent suicide, this course is open to all individuals who want to feel more confident and prepared to offer support when it's needed most.

It is particularly suitable 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 Teams
- Those involved in Diversity, Inclusion and Organisational Wellbeing
- Customer-facing employees (e.g., shopping centre staff)

Safety / Value / Availability / Support

Suicide First Aid - Understanding Suicide Prevention



Agenda

This course is accredited by the Royal Society for Public Health (RSPH) and delivered by the National Centre for Suicide Prevention, Education & Training.

Designed as part of a nationally recognised learning pathway, it also offers delegates the opportunity to upskill to a Level 4 Qualification, making it a valuable Continuous Professional Development (CPD) option for delegates across multiple sectors.

Key areas covered:

- Recognition & Prevention
- Intervention
- Postvention

What You'll Learn

Delegates will take part in group discussions, exercises, breakout rooms, videos and skills practice.

Session 1:

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

Session 2:

- Immediate triggers
- Population based suicide prevention
- Partnership working & signposting
- Video & discussion

Session 3:

- Survival instinct - meeting their needs
- Suicide safety guide 3 step model
- Recognising the signs of suicide
- Piecing the jigsaw together
- How to ask about suicide & how not to
- Introduce & explore options
- How to listen non judgementally

Session 4:

- Helping them cope
- Immediate safety - staying safe
- The suicide plan
- Prior suicide behaviour
- Personal safety plan for them to use