



Suicide Prevention

...equipping our community with the knowledge and skills to reduce the pain for those of us experiencing suicidal thoughts

Learning Objectives

- To train people who are best placed in the heart of communities to offer support and information to people who are experiencing suicidal thoughts
- To support local people to identify 'a life worth living' and equip local workers and volunteers with the confidence, skills and knowledge they need to offer support and information to a potentially suicidal person and provide them with the knowledge to signpost to local services and access the relevant pathway of support
- Reduce suicides

Training Competencies

Upon completion of the training workshop delegates will have developed competencies in the areas of skills, knowledge and attitudes associated with suicide prevention.

Skills competencies

Will be competent in identifying some of the signs and symptoms associated with emotional distress.

Will be competent in identifying and understanding the risk factors that are often associated and can increase the possibility of suicidal behaviours.

Will be competent in how to support a suicidal person by applying LIFE.

Will be competent and have confidence when talking to a person who is having suicidal thoughts.

Knowledge competencies

Will be competent in the knowledge surrounding statistical monitoring of suicides and the difficulties associated with this.

Will be competent in understanding and challenging the myths associated with suicide and suicide prevention.

Will be competent in the knowledge and the importance of signposting to the appropriate services

Will be competent in the knowledge of how to refer to appropriate services.

Will be competent in recognising own support needs and the importance of accessing this support.

Attitudinal competencies

Will be competent in identifying own attitudes to suicide and how these could act as barriers to suicide prevention.

Will be competent in recognising and understanding attitudes that exist within society and how these attitudes can be changed.

A LIFE Worth Living suicide prevention training is a half day (4 hour) training session. The course utilises case studies, skills practice and group discussion to enhance the learning process.