Suicide Prevention and Self-harm

North Cumbria Collaborative Training Offer

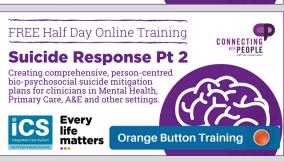


Every life matters



Connecting with People - For Clinicians within Mental Health, GPs, Primary Care, A&E







Facilitates a safe assessment, triage, and immediate response for busy clinicians such as first point of access in **Mental Health** services, Primary Care staff, A&E and other staff in pressured environments. Equips usage of SAFETool™ via case-based learning and develop skills and confidence in co-producing Safety Plans.

Cost: Free of charge. Duration: 3 hours. <u>More information</u>. Booking training@every-life-matters.org.uk

Understand collaborative and transparent approaches to **mitigating suicide risk** and how to increase your **patient's resilience to suicidal thoughts**. Learn to create a comprehensive, person-centred, biopsychosocial suicide mitigation plans and collaborative support mapping. For clinicians in **Mental Health and Primary Care**.

Cost: Free of charge. Duration: 3 hours. <u>More information</u>. Booking training@every-life-matters.org.uk

This one day course combines Suicide Awareness followed by Suicide Response Pt 1 and Pt2 and is ideal for developing a **whole system approach and common language in** managing suicide risk within busy Primary Care settings.

Cost: Free of charge. Duration: 7 hours. More information. Booking training@every-life-matters.org.uk

Connecting with People - General training for frontline staff and those in helping roles



Tackles myths, stigma and barriers, and develops a common language between community, services and those in distress. Gives delegates a compassionate approach, and the confidence and the skills to talk to someone in distress.

Cost: Free of charge. Duration: 1.5 hours. <u>More information</u>. **Booking** training@every-life-matters.org.uk



Emotional resilience is the ability to cope with life's challenges and ups and downs. This FREE half-day course helps you develop an understanding of **practical strategies and coping mechanisms to promote wellbeing**, whilst improving your own emotional literacy.

Cost: Free of charge. Duration: 3 hours. <u>More information</u>. **Booking** training@every-life-matters.org.uk

Every Life Matters - General training for frontline staff and those in helping roles



An interactive training session is aimed at **anyone in a helping role** who wants to understand more about the context of suicide, identify when someone may be at risk, how to ask directly about suicide, how to support someone and guide them to the help they need.

Cost: Free of charge. Duration: 3.5 hours. <u>More information.</u> Booking via <u>Eventbrite</u>



A practical and interactive two hour session looks at how to support someone with thoughts of suicide through creating a **stepped Safety Plan**, helping us manage thoughts of suicide from fleeting ideas to an overwhelming desire to end ones own life.

Cost: Free of charge. Duration: 2 hours. <u>More information.</u> Booking via <u>Eventbrite</u>

Suitable for school staff, health and social care practitioners and professionals and **anyone who wants to understand why people self-harm**, to develop practical tools and strategies to support people, and gain knowledge of the range of local and national support available.

Cost: Free of charge. Duration: 3.5 hours. <u>More information.</u> Booking via **Eventbrite**



Every Life Matters - Introductory level for the general public and those in helping roles



This bite-size **Suicide Awareness** session aimed at **anyone in the community who wants to learn more** about the myths and facts surrounding suicide, understand when someone might be at risk, how to talk directly about suicide, and what we can all do to offer support.

Cost: Free of charge. Duration: 1 hours. <u>More information.</u> Booking via <u>Eventbrite</u>



This short one-hour information session is designed as an introduction to mental health, self-harm and suicide for parents and carers, or anyone who works with young people, who wants to understand how to help support their wellbeing.

Cost: Free of charge. Duration: 1 hours. More information. Booking via Eventbrite

Every Life Matters - Orange Button Community Suicide Prevention Scheme



The <u>Orange Button Community Scheme</u> is a way of identifying people that have undertaken suicide prevention training in the community. Demonstrating they have the confidence to talk to others comfortably and confidently about suicide, and can inform people where to find help and support. The Scheme is being rolled out across North Cumbria from Summer 2021. Orange button Holders must have undertaken a qualifying suicide prevention course of minimum 3 hours duration. <u>More details.</u>

Every Life Matters - Additional Accredited Suicide Prevention Training



The one day ASK Workshop specifically addresses suicide risk in children and gives participants developmentally appropriate strategies and tools to identify young children at risk of suicide and quickly gather and organize key details needed to assess risk and inform safety planning.

Cost: On request. Duration: 6 hours. For more information contact training@every-life-matters.org.uk

Suicide First Aid is a half day online or one day face to face course which teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach.

Cost: On request. Duration: 3.5 or 6 hours. For more information contact training@every-life-matters.org.uk

The 2 day Mental Health First Aid (MHFA) programme teaches people how to identify, understand and help someone who may be experiencing a mental health issue. Adult or Youth versions. Available as 2 day MHFA, 1 day Champion, and half day MHFA Awareness plus MHFA Refresher modules.

Cost: On request. Duration: 2 days. For more information contact training@every-life-matters.org.uk

Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop in suicide first aid and more. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Cost: On request. Duration: 2 days. For more information contact training@every-life-matters.org.uk







eLearning

matters ...



In under 30 minutes, Suicide – Lets Talk aims to give you the skills and confidence to help someone who may be considering suicide.



Real Talk is a 30 min interactive film which helps guide the viewer, as they make choices to support someone with suicidal thought



A 60 minute **HEE course** designed to help people in frontline roles recognise the part we can play in preventing suicide



MindEd contains a wide variety of eLearning modules focusing on children and young people's mental health.