

IN-HOUSE TRAINING

5 Steps to Suicide Awareness

1.5 – 2 hours (Max. 30 delegates)

The 5 steps to Suicide Awareness is a short but powerful workshop which aims to provide a general overview of suicidality and the impact of suicide. It demonstrates the simple steps which can be taken to help someone who may be experiencing suicidal thoughts.

Bereavement and Loss

3 hours (Max. 30 delegates)

The short course provides an overview of bereavement and loss theory translated into a framework designed to aid practitioners in identifying individual grief patterns and behaviours. Practical skills and tools relatable to the most common grieving patterns are explored with opportunities to practice.

Suicide Bereavement

2 hours (Max. 30 delegates)

Designed as an addition to our Bereavement and Loss course this workshop takes a focused look at what makes this type of bereavement unique and provides example case studies which facilitate an opportunity to explore a range of practical skills and tools when supporting people impacted by suicide.

Pete's Dragons also offer bespoke wellbeing workshops. These can bolt on to any of our courses or be delivered as stand alone sessions. The workshops provide tools to promote the wellbeing of both professionals and those they work with.


Enquire at training@petesdragons.org.uk

Pete's Dragons was established in 2010 after Diva Dragon's little brother, Pete, took his own life aged 24. Starting as a fundraising group, the band of dragons grew and grew. In 2014 the decision was made to dedicate efforts towards providing vital postvention support and so Pete's Dragons became a registered charity.

The dragon team are now specialists in the field of postvention (suicide bereavement). As well as supporting those impacted by suicide, the Charity offers an extensive range of training in all aspect of mental wellbeing and suicide postvention, intervention and prevention.

For more information on **postvention support, fundraising** or **volunteering** contact ...

 admin@petesdragons.org.uk

 01395 277780

 @ThePetesDragons

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 @PD_retailtherapy


“ **In a nutshell I thought it was brilliant.** I can see how I

will find it beneficial to me in not only my professional life but my personal life too. Pete's Dragons took a very difficult subject, broke it down, removed all the stigma and barriers and presented it in a friendly and engaging way. ”

Pete's Dragons Training Courses

Join us online and in-person for training opportunities, including courses from 4 Mental Health, LivingWorks and Suicide First Aid.

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**PETE'S
DRAGONS**

Comfort after suicide loss

SUICIDE FIRST AID



•• ● SFA: Understanding Suicide

Interventions

1 day (16 delegates)

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event.

The Suicide First Aid through Understanding Suicide Intervention (SFAUSI) course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths.

The programme 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.

Taught using tutor facilitated Socratic learning, tutor-led role-play, mini lectures, group work and audio-visual presentations. This is a highly interactive and emotionally engaging learning experience.

•• ● SFA Lite

3.5 hours (20 delegates)

Teaching the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 3.5 hours as a suicide prevention awareness session.

The programme teaches the skills needed to identify someone who may be thinking about suicide and to connect the person to additional support

LIVINGWORKS



•• ● Applied Suicide Intervention

Skills Training (ASIST)

2 day (24 delegates) Face-to-Face

ASIST is an award-winning 2-day interactive workshop that prepares caregivers to provide life-assisting suicide first-aid intervention using the Pathway for Assisting Life (PAL) model. Research shows that ASIST provides long term financial benefit to communities and that ASIST trained caregivers help those with thoughts of suicide feel less suicidal and more hopeful.

Anyone 16 or older can learn these life-saving skills.

•• ● SafeTALK

3-4 hours (Max. 30 delegates) Face-to-Face

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. safeTALK is a 3 – 4 hour course that prepares participants to recognise these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

This training is suitable for anyone 15 or over who wants to help people be safer from suicide.

4 MENTAL HEALTH



•• ● Community Suicide Awareness

3 hours (20 delegates)

Virtual

This program is designed to meet the differing mental health training needs across a broad spectrum of sectors: health and social care; statutory bodies; further and higher education; workplaces and the wider community. The flexible, 'bite size' modular training is informed by evidence-based principles, lived experience and current best practice. The modules cover; myths, stigmas and barriers, helping delegates understand how distress develops and how people can best be supported, and developing common language between community, services and those in distress.

•• ● Emotional Resilience

3-4 hours (20 delegates)

Virtual

This is a self-care course to increase participants ability to cope with emotional distress or stressful life events by knowing more about wellbeing, emotions and how to share them. Develop understanding of wellbeing and resilience and to begin to develop a personal plan to build your own wellbeing & resilience plan. Equips delegates to have a greater emotional literacy and know how to enhance their resilience.

This course is linked in a layered working way with our Community Suicide Awareness course.