

# Suicide Prevention

## Introduction

Every year in the UK, over 6,000 people die by suicide. *Suicide Awareness* gives you a greater understanding of the issues surrounding suicide in our country today. It describes the risks of suicide to different people and how to spot the warning signs that somebody may be thinking of ending their own life. It arms you with the knowledge and confidence to be able to help prevent suicide in adults, children and young people, by providing you with the practical tools to use when encountering someone who may be vulnerable.



## Audience

Suicide is an issue that can affect anybody so this course is for anyone in a public-facing role, whether they are working with known vulnerable people or not. It is for those in frontline health, community safety or other public-sector roles, relevant charities and third sector organisations, and the general public.

## Objectives

This course provides the learner with a basic understanding of suicide risks and risk prevention issues. It also increases the learner's confidence to reduce suicide risk and signpost to support services / other sources of support appropriately.

## Modules

This course contains the following modules:

### Module name

Risks and warning signs

Adults

Children and young people

## Content

This course has three modules – 'Suicide Awareness – Risks and Warning Signs', 'Suicide Prevention – Adults', and 'Suicide Prevention – Children and Young People'.

With scenarios and questions it covers topics such as: why this is such an important issue; who is affected; how it is linked to mental health and wellbeing and the complexity of causes; how it affects adults, children and young people; self-harm and how that is related; adverse childhood experiences; how to listen and respond non-judgementally; an overview of safety planning; how to signpost; where to find appropriate services and resources.

