

SUICIDE PREVENTION TRAINING

HELPING YOU TO HELP



**North East London Suicide Prevention Multi Agency
Training Hub offers free training for people working
and living in Newham**

WE ARE NEWHAM.

SUICIDE PREVENTION TRAINING AND DEMYSTIFYING SELF-HARM

Suicide First Aid Lite

Teaches the skills needed to identify someone who may be thinking about suicide. Four hour course for a range of practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers and community members. To register visit:

nlsuicidepreventiontraining.co.uk/sfalite/

Suicide First Aid Lite Youth

Training delivered virtually. FA Lite Youth is comprised of 2 parts over half day. Knowledge needed to identify a young person who may be thinking about suicide and competently intervene to help create suicide-safety and support with coping, as a first aid approach. Mainly for people that work with and care for children and young people. To register visit: nlsuicidepreventiontraining.co.uk/sfaliteyouth

Mental Health First Aid Youth

This training provides the knowledge, skills and confidence needed to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. No prior knowledge of mental health needed and open to anyone over 16 years old. Course is delivered across 4 manageable bitesize sessions online across four days. To register visit: nlsuicidepreventiontraining.co.uk/mhfa-youth/

Mental Health First Aid Adult

The Adult MHFA course qualifies you as a Mental Health First Aider, course accredited by

the Royal Society of Public Health. Course is delivered across 2 days. To register visit: nlsuicidepreventiontraining.co.uk/mhfa/

SafeTALK: Suicide Awareness

Face to face 3 and a half hour training to support people to know what to do if someone's suicidal by following the TALK steps – Tell, Ask, Listen and Keep-safe, and how to offer immediate help to someone having thoughts of suicide. To register visit: nlsuicidepreventiontraining.co.uk/safetalk

Applied Suicide Intervention Skills Training (ASIST)

A course for care-givers and key community members. It teaches suicide alertness and an easy to remember framework of practical skills to safely initiate, complete and follow-up on a full suicide intervention. ASIST training is an intensive 2 day face to face only course for care-givers and key community members. To register visit: nlsuicidepreventiontraining.co.uk/asist

Demystifying Self Harm (Virtually Delivered)

This course will allow the space for participants to have open conversations about self-harm, including unpacking our own feelings and attitudes around self-harm (including thinking about our own faith, beliefs, life experience) and acknowledge them so that we are informed of how they may present and impact the support we provide. To register visit: nlsuicidepreventiontraining.co.uk/selfharm/



Scan the QR code to visit the suicide prevention practitioner's resource
www.newham.gov.uk/health-adult-social-care/crisis-support/7

SCAN ME