



Course title: Suicide & Self Harm

Duration: Half Day

Maximum number of learners: 16

Course overview:

This course is designed to provide learners with an introduction to suicide and non-suicidal self-harm. It will give the learner knowledge and skills to understand reasons why people may engage in such thoughts and/or behaviors, recognize signs, offer early intervention and management skills to an individual exhibiting suicide and/or self-harm thoughts and behaviors

Course learning outcomes:

By the end of the session, learners will be able to:

- Define the terms Self Harm and Suicide
- Discuss the reasons for Self-Harm and Suicide
- List the demographics of Suicide and Self Harm in the UK
- Discuss the risk assessment process for intervention
- Cite some of the common reactions and stigmas towards people who Self Harm and/or attempt Suicide
- List recognized strategies to assist someone in crisis
- Cite some common myths and misconceptions
- Discuss the terms ASIST and Mental Health First aid
- Cite where professional help can be sought in a crisis
- Recognise individual limitations

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