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Through this 20-minute suicide awareness training you will gain the skills and confidence to help someone who may be considering suicide. Anyone can learn how to have a potentially life-saving conversation. You will learn how to spot suicide warning signs, how to start a conversation, where to go for help, where to signpost to for further support, and that suicide is preventable. You will get a certificate when you have completed the training.

The interactive training course includes three conversation examples: with a



Developed with Help for Heroes, the aim of this training is to provide you with practice in handling difficult situations where a person may be at risk of suicide. The 30 minutes online, interactive training course includes three conversation examples: with a loved one, a colleague and a stranger.

Three video stories are also shared. Two from bereaved friends, and one from a former Army Officer, who talks about his mental health struggles and how a letter from his friends stopped him taking his own life.

The training has been developed for veterans, their family members and friends but can be taken by anyone aged 16 and over. It includes facts about suicide, how to spot signs that someone may be considering suicide, how to talk to someone who is at risk and where to signpost to for help and support.





MindEd is a free educational resource on children, young people, adults, and older

MindEd is part of the National Suicide and Self-Harm Prevention programme (SSHP) (<https://www.gov.uk/government/publications/suicide-prevention-cross-government-plan>) and aims to help everyone involved including front line staff in adult settings, care and services, first responders, teachers, social workers, volunteers and parents understand better how to approach all ages from children and young people through to adults, in such situations.

This programme focusses on self-harm and suicide prevention in adults. The MindEd adult SSHP offers knowledge-oriented sessions can be used in workshop settings as well as single learner settings. The case scenario skills building sessions have specific workshop and blended learning support materials including PDFs.

It involves the three courses - [Skills for Schools](#), [Young People](#), [Skills for Adults](#)

If you search [MindEd](#) 75 sessions are also available including [Suicide Risk and Prevention for Older People](#)

This [MindEd Suicide and Self-harm Prevention, Skills for Adults](#) - Postvention 28 Tm4





This course provides attendees with confidence and a set of skills needed to support someone who may have thoughts or intentions to take their own lives. In this course attendees learn:

- < Suicide, the facts
- < The role of overwhelm
- < Supporting someone in crisis
- < How to start the conversation
- < Non-judgemental listening skills
- < Professional and other supports
- < Self-care

The three-hour course can be delivered face to face or digitally.



[Managing Suicidal Conversations](#) will equip participants with the skills and confidence to manage a



This online course trains you as a Mental Health First Aider, giving you:

- < An in-depth understanding of mental health and the factors that can affect wellbeing
- < Practical skills to spot the triggers and signs of mental health issues
- < Confidence to step in, reassure and support a person in distress
- < Enhanced interpersonal skills such as non-judgemental listening
- < Knowledge to help someone recover their health by guiding them to further support - help resources, through their employer, the NHS, or a mix

[Become a Mental Health First Aider · MHFA England](#)

A two day face-to-face skill building workshop that prepares caregivers to provide suicide first aid interventions.

The key objectives for you to learn are:

- < To consider personal and societal attitudes to suicide
- < To learn the most widely used suicide prevention model in the world
- < To recognise, and act on, the signs that someone is having thoughts of suicide
- < To seek a shared understanding of the reasons for thoughts of suicide and identify reasons for living
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