



**SUPPLY CHAIN SAFETY  
LEADERSHIP GROUP**

**Highways Safety Hub  
Raising the Bar 41a  
Suicide Prevention Training Resources**

Issued Nov 22 Revised NA

Suicide Prevention Kit category	Who is it for?	Title of Training	Description	Delivery	Aim / Anticipated outcome	Cost	Duration	Link
All Levels	Open to all	National Suicide Prevention Alliance – Centre for Resources	Suicide prevention is everyone's business. The National Suicide Prevention Alliance (NSPA) is an alliance of public, private and voluntary organisations in England who care about suicide prevention and are willing to take individual and collective action to reduce suicide and self-harm, and support those bereaved or affected by suicide.	Website	Our library of resources draws together a wide range of information and materials for professionals and practitioners working in suicide prevention or supporting those affected by suicide.	Variable	Variable	<a href="https://nspa.org.uk/">https://nspa.org.uk/</a>

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Very Low	People professionals	Responding to Suicide Risk in the workplace (People Professional)	<p>Suicidal thoughts are far more common than many people think, and there can be extensive stigma in talking about suicide. Too few employers have frameworks in place that encourage the kind of climate where people can talk to someone about suicide and find ways to seek help. This guide aims to address that gap by providing practical advice and guidance for how organisations can educate their workforce and open up the culture to talk about suicide.</p> <p>This should be embedded as part of an organisation's wider approach to promoting good mental health.</p>	Guidance document	<p>This guide aims to address that gap by providing practical advice and guidance for how organisations can educate their workforce and open up the culture to talk about suicide. This should be embedded as part of an organisation's wider approach to promoting good mental health. By creating a non-stigmatising culture and a safe space to talk, employers can have an important role in signposting people to the right sort of professional support.</p>	Free		<a href="https://www.cipd.co.uk/knowledge/mental-health/suicide-prevention/a-guide-for-people-professionals">Responding to suicide risk in the workplace: a guide for people professionals (cipd.co.uk)</a>

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Very Low	Open to all	Step Up Training	A brief introduction to social isolation. In 5-10 minutes you will learn how social isolation can affect our mental health, how to "step up" and help someone who feels isolated and how to adjust to the new normal following the covid-19 pandemic	Weblink	Awareness	Free	15 minutes	<a href="#">Find the ZSA Zero Suicide Alliance training</a>
low	Everyone who may encounter a distressed member of the public	Living Works Start	In as little as one hour online, LivingWorks Start can teach anyone to recognize the signs of suicide and take life-saving action by connecting someone to hope and support.	Online	The aim of this training is to recognise the signs and to know how to connect them to help and support	Price on Application	90 minutes	<a href="https://www.livingworks.net/start">https://www.livingworks.net/start</a>
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Low	Everyone who may encounter a distressed member of the public	Community Suicide Awareness Module	4 Mental Health's Connecting with People mental health training programmes are designed to offer a whole organisational approach to improve the	Online Face to Face	Develops understanding and compassion Tackles myths, stigma and barriers Introduces concept that suicide is not inevitable – people can be helped, and module includes the latest research	Chargeable - price on application	3 hours	<a href="https://www.4mentalhealth.com/courses">https://www.4mentalhealth.com/courses</a>

			<p>response shown to people in distress. Our programmes reflect the latest evidence-based principles and best practice. Our training is extensively peer-reviewed by international experts in self-harm and suicide prevention, people with lived experience, practitioners and third sector (NGO) experts.</p>		<p>and evidence          Suitable for ALL i.e. community members with no previous training          Helps delegates understand how distress develops and how people can be best supported          Develops common language between community, services and those in distress          Gives delegates the confidence and the skills practice of talking to someone in distress          Develops a compassionate approach for demanding and time-pressured environments          Equips the delegate with the knowledge of how to use <a href="http://www.StayingSafe.net">www.StayingSafe.net</a> to make their own Safety Plan</p>			
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Low	Everyone who may encounter a distressed member of the public	Real Talk	A 1 hour awareness-raising workshop, designed to break down stigma, build confidence and get people talking openly about suicide.	Webinar	To understand causes and risk factors for suicide To be able to recognise the signs that someone may be suicidal To increase confidence to talk openly and directly about suicide To understand the limits of our role and learn about local/national resources.	Chargeable - price on application	1 hour	<a href="https://www.prevent-suicide.org.uk/training/courses/real-talk-introduction-to-suicide-prevention/">https://www.prevent-suicide.org.uk/training/courses/real-talk-introduction-to-suicide-prevention/</a>
Medium	Open to all	Zero suicide Alliance Training	An in-depth suicide awareness training session. In 20 minutes you will gain the skills and confidence to help someone who may be considering suicide.	Online	The aim of this training is understanding the importance of breaking the stigma surrounding suicide by encouraging open conversations about it.	Free	30 minutes	<a href="https://www.zerosuicidealliance.com/training">https://www.zerosuicidealliance.com/training</a>
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medium risk	Anyone involved in supporting someone who self-injures,	Understanding Self Harm	A half day workshop that explores the dynamics of self-injury and increases confidence in working with someone who self-harms	Face to Face Online	To explore attitudes and preconceptions toward self-injury. To provide insight into the dynamics, meaning and functions of self-injury. To understand causes, triggers and cycles of harm. To consider helpful responses to people who self-injure.	Price on Application	3.5 hours	<a href="https://www.prevent-suicide.org.uk/training-courses/understanding-and-working-with-self-harm/">https://www.prevent-suicide.org.uk/training-courses/understanding-and-working-with-self-harm/</a>
Medium risk	Everyone	Real Talk	A workshop, designed to break down stigma, build confidence and get people talking openly about suicide.	Webinar	To understand how suicide can affect anyone – and that anyone can help prevent it. To name the fears that stop us talking – and how we can break them down. To increase confidence to talk openly and directly about suicide. To understand the limits of our role and learn about local/national resources.	Chargeable - price on application	3 hours	<a href="https://www.prevent-suicide.org.uk/training-courses/real-talk-introduction-to-suicide-prevention/">https://www.prevent-suicide.org.uk/training-courses/real-talk-introduction-to-suicide-prevention/</a>
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Low	Everyone	Real Talk Interactive Film	Real Talk About Suicide is an interactive film which helps guide the viewer, as they make choices to support someone with suicidal thoughts and behaviours.	Video	Guidance is offered, and key principles explained, with the aim of increasing the skills and confidence of the viewer in responding to people at risk of suicide, and to provide links to further sources of support.	Free	20 minutes	<a href="http://realtalk.film/">http://realtalk.film/</a>
Low	Everyone	Introduction to suicide awareness	A very brief (5 - 10 minutes) introduction to suicide awareness. This gives you tips on how to approach someone if you are worried they may be considering taking their own life. This is accessible and available to anyone.	Weblink		Free	10 Minutes	<a href="#">Find the ZSA Zero Suicide Alliance training</a>
	Anyone involved in implementing IT strategy and monitoring of website usage	Ripple	Ripple is an interceptive tool designed to present a visual prompt when a person searches for harmful keywords or phrases relating to the topic of self-harm or suicide. These phrases include any words or terminology which have been identified as displaying potentially damaging online content.	Online monitoring tool	To display a message of hope, followed by a selection of 24/7, free mental health charity partners available to contact in a variety of different communication methods, including calling, texting, a webchat facility and a self-help tool.	Price on application		<a href="https://www.ripple suicide prevention.com/">https://www.ripple suicide prevention.com/</a>
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Medium Risk and above	Anyone involved in creating/developing a collaborative Suicide mitigation plan	4 Mental Health Suicide response part 2 module	4 Mental Health's Connecting with People mental health training programmes are designed to offer a whole organisational approach to improve the response shown to people in distress. Our programmes reflect the latest evidence-based principles and best practice. Our training is extensively peer-reviewed by international experts in self-harm and suicide prevention, people with lived experience, practitioners and third sector (NGO) experts.	Online or face to face	Develops a collaborative and transparent approach to mitigating suicide risk. Promotes a collaborative and compassionate person-centred assessment of someone at risk of suicide. At the end of the module participants will be able to create a comprehensive, person-centred biopsychosocial suicide mitigation plan Practical ways to instil authentic hope Understand the value and importance of social support mapping Collaboratively engage in a comprehensive social support mapping exercise and be able to coproduce a Social Support Map.	Variable	3 hours	<a href="#">Courses and Formats   4 Mental Health</a>
	Line Managers at all levels	Responding to Suicide Risk in the workplace (Line Manager)	Suicidal thoughts are far more common than many people think, and there can be extensive stigma in talking about suicide. This guide provides practical advice and guidance for how you can respond to suicide risk and promote good mental health.	Guidance document		Free		<a href="https://www.cipd.co.uk/Images/responding-to-suicide-risk-in-the-workplace-manager-guide-June2021_tcm18-96240.pdf">https://www.cipd.co.uk/Images/responding-to-suicide-risk-in-the-workplace-manager-guide-June2021_tcm18-96240.pdf</a>
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Medium	Everyone who may encounter a distressed member of the public	Conversations with vulnerable people	This course will equip participants with the skills and confidence to have supportive and effective conversations with vulnerable people		Identify factors that can create vulnerability Assess emotional health using the Emotional Health Scale Recognise signs of vulnerability in others Explore and practise active listening skills End conversations sensitively and effectively Signpost people to sources of additional support	Variable	3 hours (based on virtual)	<a href="https://www.samaritans.org/how-we-can-help/workplace/workplace-staff-training/courses-conversations-vulnerable-people/">https://www.samaritans.org/how-we-can-help/workplace/workplace-staff-training/courses-conversations-vulnerable-people/</a>
Medium	First Responders	Safe Talk	An accessible, half day course, teaching a four-part framework to provide an initial response to someone who may be at risk of suicide.	Face to Face		Price on Application	4 hours	<a href="https://www.livingworks.net/trainings">https://www.livingworks.net/trainings</a>
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High	First Responders	A life worth Living	<p>A life worth living... Suicide prevention training is focused upon equipping our community with the knowledge and skills to reduce the pain for those of us experiencing suicidal thoughts.</p> <p>It is a community focused training programme which aims to train people who are best placed in the heart of communities to offer support and information to people who are experiencing suicidal thoughts.</p>		<p>Upon completion of the training workshop delegates will have developed competencies in the areas of skills, knowledge and attitudes associated with suicide prevention.</p> <p>Skills Competencies:</p> <ul style="list-style-type: none"> <li>• Will be competent in identifying some of the signs and symptoms associated with emotional distress.</li> <li>• Will be competent in identifying and understanding the risk factors that are often associated and can increase the possibility of suicidal behaviours.</li> <li>• Will be competent in how to support a suicidal person by applying LIFE.</li> <li>• Will be competent and have confidence when talking to a person who is having suicidal thoughts.</li> </ul>	<p>Price on Application</p> <p>Funding available in South Tyneside and Sunderland</p>	4 hours	<a href="http://www.alifeorthliving.org.uk/">http://www.alifeorthliving.org.uk/</a>
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Medium / High	First Responders	Suicide First Aid	A one day course teaching the skills needed to identify someone who may be thinking about suicide, and intervene to help create a safe plan, as a first aid approach.	Face to Face online	Learning outcomes: Suicide behaviour; reasons and magnitude of the community health problem. Role of the carer in managing suicide interventions; different roles with different people Understand approaches and process of suicide intervention including desired outcomes Understand the importance of self-reflection and personal impact when working with suicide and people at risk	£106.30 pp Online	5 hours	<a href="https://www.prevent-suicide.org.uk/training/courses/sfa-suicide-first-aid/">https://www.prevent-suicide.org.uk/training/courses/sfa-suicide-first-aid/</a>
High Risk	Everyone who may encounter a distressed member of the public  First Responders	Managing suicidal Conversations	Managing Suicidal Conversations will equip participants with the skills and confidence to manage a conversation with someone who is having thoughts of suicide or showing signs of suicidal behaviour.		Appreciate the profile of suicide in the UK and ROI Understand the background factors and feelings that can lead to suicidal thoughts. Recognise direct and indirect signs of suicidal ideation Develop skills to manage a suicidal conversation sensitively and effectively. Explore strategies to assess and respond to risk Know how and where to signpost to sources of additional support.	Price on Application	3 hours	<a href="https://www.samaritans.org/how-we-can-help/workplace/workplace-staff-training/course-managing-suicidal-conversations/">https://www.samaritans.org/how-we-can-help/workplace/workplace-staff-training/course-managing-suicidal-conversations/</a>
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High / Very High	First Responders	Applied Suicide Intervention Skills Technique (ASIST)	A comprehensive, evidence-based and highly regarded two day course that teaches a robust and practical model of suicide intervention.	Face to Face		Chargeable - price on application	2 days	<a href="https://www.livingworks.net/trainings">https://www.livingworks.net/trainings</a>
	Suicide Survivors	Save	After a suicide attempt, a person may feel lost or unsure about the future. The information found on this website is not medical advice and should only be used as a starting point on your path to recover from a suicide attempt.		For suicide survivors to feel supported, to connect for peer support and next steps in their recovery			<a href="https://save.org/find-help/attempt-survivor-resources/">https://save.org/find-help/attempt-survivor-resources/</a>