

Suicide Intervention



This one day workshop aims to develop delegates understanding of mental health, mental distress and suicide. The workshop will explore why people experience mental distress, the conditions that can cause this to lead to suicidal ideation and someone taking their own life. From this understanding delegates will learn how to respond to someone in crisis, move them towards safety and find the professional help needed. The session is co-facilitated by someone with lived experience.

Suitable for: Anyone with an interest in mental health and/or supporting others

Duration: 1 day

Aims and Objectives:

- To strengthen participants' knowledge around mental health and why we become 'unwell'
- To develop participants' understanding of suicide
- To increase participants' confidence in their skills so they can support people who are suicidal sensitively and appropriately
- To explore resources and services that support people managing their mental health

Session 1:

- Understanding mental health, well-being and shame
- Using the Biopsychosocial model to explore why we become 'unwell'
- When life exceeds our ability to cope with it – looking at the experience of clinical depression and suicide
- Using Schneidman's suicidal commonalities model to understand the process surrounding suicide
- Hopelessness and helplessness – identifying risk factors

Session 2:

- Using Schneidman's commonalities model to identify protective factors
- Using trauma informed practice to understand core skills when working with suicidal people
- Applying core skills in a crisis and moving people towards safety
- What help is available and how to access it

This course is followed up with an email pack outlining further information and resource materials for those wishing to continue their own learning in response to the ideas covered in this course.