**Lancashire and South Cumbria Suicide Prevention Training Consortium** – Available Courses and Interventions 2019

# Introduction

The consortium is commissioned to provide a range of training, interventions and campaigns to help professionals and community members across Lancashire and South Cumbria grow in confidence and skills around talking about suicide and helping to prevent it.

# Levels of interventions

The courses and interventions on offer are classed in three categories, as below:

## ADVANCED SUICIDE PREVENTION TRAINING

These are the most specifically targeted training interventions for participants very likely to encounter, or be required to support, people expressing suicidal thoughts. They will be more appropriate for professionals with some grounding in mental health awareness (although this is not essential).

## INTERMEDIATE TRAINING

These are a broader range of training interventions and probably more suitable for people with no grounding in mental health and suicide prevention. They also include a range of tailored interventions for people supporting individuals from particular risk groups (such as drug/alcohol or children and young people).

## UNIVERSAL INTERVENTIONS

These are an even broader range of interventions, which include both shorter training courses and non-training interventions. Generally, these will not be directly looking to increase suicide prevention skills for the participants but addressing related issues. Hence interventions in this category will address factors making suicide and mental ill health more likely. They also include more in depth support for people providing support to individuals expressing suicidal thoughts.

ADVANCED SUICIDE PREVENTION TRAINING

# **ASIST** (provided by Every Life Matters and Papyrus)

## Overview

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

## Learning Outcomes

At the end of the training participants will be able to:

* Understand the ways that personal and societal attitudes affect views on suicide and interventions
* Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
* Identify the key elements of an effective suicide safety plan and the actions required to implement it
* Appreciate the value of improving and integrating suicide prevention resources in the community at large
* Recognise other important aspects of suicide prevention including life-promotion and self-care

## Course Content

* Presentations and guidance from two LivingWorks registered trainers
* A scientifically proven intervention model
* Powerful audio-visual learning aids
* Group discussions
* Skills practice and development
* A balance of challenge and safety

## Duration

2 days

# **safeTALK** (provided by Every Life Matters and Papyrus)

## Overview

safeTALK is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don’t truly want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

## Learning Outcomes

At the end of the training participants will be able to:

* Notice and respond to situations where suicide thoughts might be present
* Recognize that invitations for help are often overlooked
* Move beyond the common tendency to miss, dismiss, and avoid suicide
* Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
* Know community resources and how to connect someone with thoughts of suicide to them for further help

## Course Content

* Presentations and guidance from a LivingWorks registered trainer
* Access to support from a local community resource person
* Powerful audio-visual learning aids
* The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
* Hands-on skills practice and development

## Duration

½ day

INTERMEDIATE TRAINING

(Provided by Lancashire Mind)

## Understanding Self Harm

## Overview

## This half day workshop will encourage you to challenge your thinking around self-harm and tackle misconceptions and myths around the subject. You will be looking at risk factors, safeguarding, harm minimisation and helpful strategies to support people who self-harm. You will walk away with knowledge of how to respond to self-harm in a helpful so to encourage engagement and support moving forward.

## Learning Outcomes

At the end of the training participants will be able to:

* Understand and challenge stigma around self harm.
* Have confidence in responding to disclosures.
* Have a better understanding of strategies to support self harm.
* Reflect on their own practice and policies in relation to self harm.

## Course Content

* Introduction to self harm.
* Understanding the risk factors.
* Responding to self harm in a positive and supportive manner.
* Strategies to support self harm.
* Harm minimisation
* Exploring pathways to support.
* Tips for self care when supporting self harm.

## Duration

½ day

# **Supporting Student Mental Health and Resilience** (Provided by Lancashire Mind)

## Overview

## A two-hour seminar aimed at developing teacher understanding of the importance of mental health and resilience for young people, covering:

## Learning Outcomes

At the end of the training participants will be able to:

## Understand the importance of building resilience from an early age

## Recognise the signs and symptoms of common mental health conditions in young people

## Be confident in talking about mental health with young people

## Embed resilience in the classroom

* Further support for children, young people and parents

## Course Content

* An introduction to mental health and resilience.
* Signs and symptoms of poor mental health.
* Exploration of the resilience framework and the five ways to wellbeing.
* Participant led discussion on embedding resilience in the classroom.
* Where to signpost for help and support.

## Duration

2 hours

# **Mental Health Awareness Level One** (Provided by Carlisle Eden Mind)

## Overview

This shorter (½ day) accredited awareness session was originally designed as an introductory course for staff and volunteers in local community groups, who want to increase their awareness and understanding of mental health issues. However it is suitable for anyone looking for a short introduction to mental health, so that they can improve their own wellbeing and be better placed to support others.

## Learning Outcomes

At the end of the training participants will understand:

* What is meant by the term mental health
* The definition and causes of mental health difficulties
* Common perceptions of mental health difficulties
* How stereotyping can affect perceptions
* Where appropriate support can be sought
* Cultural diversity within mental health issues

## Course Content

* Presentations
* Discussions
* Support to complete a workbook achieve a level 1 college qualification

## Duration

½ day

# **Mental Health Awareness Level Two** (Provided by Carlisle Eden Mind)

This longer accredited session expands on the learning from the level one intervention (but this is not a pre-requisite for doing this programme).

## Learning Outcomes

At the end of the training participants will understand:

* All of the learning outcomes from the level one programme (above)
* Plus much more in depth exploration of a number of specific mental health conditions and challenges:
  + Stress
  + Anxiety
  + Phobias
  + Depression
  + Post-Natal Depression
  + Bipolar Disorder
  + Schizophrenia
  + Post-Traumatic Stress Disorder
  + Eating Disorders

## Course Content

* Presentations
* Discussions
* Support to complete a workbook achieve a level 2 college qualification

## Duration

Approximately 2-3 days, often delivered as 6 shorter sessions

# **MHFA** (Provided by Carlisle Eden Mind)

## Overview

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. In the same way as learning physical first aid, MHFA teaches people how to recognise those crucial warning signs of mental ill health and feel confident to guide someone to appropriate support. Embedding MHFA training within any organisation or community also encourages people to talk more freely about mental health, reducing stigma and creating a more positive culture.

## Learning Outcomes

At the end of the training participants will have:

* 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 - whether that’s self-help resources, through their employer, the NHS, or a mix

## Course Content

* Group activities
* Presentations and discussions
* A manual to refer to whenever you need it
* A workbook including a helpful toolkit to support your own mental health

## Duration

2 days

# **Suicide Awareness Seminar** (Provided by Lancashire Mind)

## Overview

This session which is currently being developed between Lancashire Mind and Carlisle Eden Mind. It is designed to be a brief impactful session to talk about suicide, responding to disclosures and share a crisis planning toolkit.

## Learning Outcomes

At the end of the training participants will be able to:

* Have a level of basic suicide awreness
* Respond to disclosures around suicide
* Help support people in crisis

## Course Content

* Presentation
* Crisis planning toolkit to take away

## Duration

1 hour.

# **Manging Mental Health in The Workplace** (Provided by Lancashire Mind)

## Overview

Aimed at managers and supervisors, this half day training session provides a greater understanding of common mental health conditions in the workplace and what signs to look for in staff. This may be a starting point to encourage senior level buy-in or to ensure your organisation is offering a consistent approach to supporting mental health at work. Together we will be examining misconceptions and considering best practice; including asset mapping your current offer and possibly improving on it.

## Learning Outcomes

At the end of the training participants will have:

* An increased awareness of mental health in the workplace.
* Be able to challenge stigma around poor mental health.
* A better understanding of how to support staff experiencing poor mental health.
* An understanding of good practice.

## Course Content

* Exploration of the causes of poor mental health in the workplace.
* Signs and symptoms of common mental health conditions.
* Good workplace practice.
* Talking about mental health.
* Quick tips on self care when supporting others.

## Duration

Half day

# **Youth Mental Health First Aid** (Provided by Carlisle Eden Mind)

## Overview

## Youth Mental Health First Aid (MHFA) courses are for everyone who works with, lives with or supports young people aged 8-18. They will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a young person’s recovery and stop a mental health issue from getting worse. The courses teaches how to listen, reassure and respond, even in a crisis - and even potentially stop a crisis from happening.

## Learning Outcomes

At the end of the training participants will have:

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

## Course Content

* Group activities
* Presentations and discussions
* A manual to refer to whenever you need it
* A workbook including a helpful toolkit to support your own mental health

## Duration

2 days

# **Change Talks** (Lancashire Care Foundation Trust)

## Overview

Change Talks is an early intervention and prevention educational programme which runs over a course of 6 weeks. Change Talks deliver 6 x 1 hour sessions which focus on educating young people on mental health issues, causes of poor mental health and positive coping strategies for the pupils to use. Topics included are; negative thoughts and depression, self-harm, anxiety, bullying and social media. The sessions are best suited for 11-16 year old.

## Learning Outcomes

At the end of the programme pupils will be able to:

* Understand a variety of mental health issues, including depression, anxiety and a variety of eating disorders
* Understand how to access help and support if they require
* Pupils will learn a variety of positive coping strategies which they can utilise in their lives
* Understand the negative impact social media can have
* Recognise signs and symptoms of mental health problems in other people
* Understand how pupils can support one another to create healthier environments
* Pupils will gain an understanding of drugs and knife crime

## Course Content

* Presentations
* Lived experience speakers
* Powerful audio-visual learning aids
* Group discussions
* Activities/Group Activities

## Duration

6 weeks. 1 hour session per week

UNIVERSAL INTERVENTIONS

# **Introduction to Self Harm Seminar** (Provided by Lancashire Mind)

## Overview

This one hour seminar introduces learners to self-harm and challenges misconceptions about self harm

## Learning Outcomes

At the end of the training participants will:

* Have an increased awareness of self harm
* Understand common misconceptions about self harm
* Understand and challenge stigma around self harm

## Course Content

* Introduction to self harm
* Common misconceptions
* Responding to disclosures

## Duration

1 hour

**Self Awareness - Stress, Anxiety and Depression** (Provided by Lancashire Mind)

## Overview

This one-hour seminar introduces learners to the concepts of stress, anxiety and depression and helps to prevent stigma and misconceptions.

## Learning Outcomes

At the end of the training participants will:

* Have increased self-awareness
* Understand the signs and symptoms of anxiety and depression
* Understand common misconceptions about stress , anxiety and depression
* Understand and challenge stigma

## Course Content

* Signs and symptoms
* Pressure and stress
* Quick tips

## Duration

1 hour

# **Substance Misuse and Mental health Seminar** (Provided by Carlisle Eden Mind)

## Overview

This three hour seminar explores the relationship between substance misuse and mental health.

## Learning Outcomes

At the end of the training participants will:

* Have an awareness of the types of substance and why they are misused
* Be able to describe the social and personal effects of substance misuse and how these are commonly portrayed
* Better understand perceptions of and responses to substance misuse

## Course Content

* Presentations
* Discussions
* Support to complete a workbook achieve a level 1 college qualification

## Duration

3 hours

# **Wellbeing Coaching** (Provided by Lancashire Mind)

## Overview

This service provides 1-to-1 support for individuals who are facing challenges their own mental wellbeing, as a result of working with people disclosing suicidal ideation. Coaching provides tailored tools and strategies to improve their wellbeing.

## Outcomes

At the end of the coaching relationship participants will:

* Have increased self-awareness
* Be able to recognise signs, symptoms and triggers around their own wellbeing
* Be able to take action to improve their own wellbeing

## Duration

Up to 6x1 hour sessions

# **Peer Support in The Workplace** (Provided by Lancashire Mind)

## Overview

This course is a great starting point for organisations considering a workplace peer support offer. Just talking to somebody can make all the difference. Peer support occurs naturally in most workplaces but giving somebody the time and tools to provide that peer support under your corporate umbrella ensures everybody has access to this valuable resource. By reviewing Mind's peer support values, and exploring the role of a peer supporter, safeguarding, personal boundaries and self care; delegates will be able to consider how their peer support offer might look and ensure it stays within the policies and procedures of the organisation; making it both valuable and sustainable. 

## Learning Outcomes

At the end of the training participants will be able to:

* Understanding of the skills and qualities they can bring as a peer supporter.
* A better understanding duty of care and keeping safe.
* Consider what their in house peer support offer might look like.

## Course Content

* Why peer support?
* What might your role look like?
* Qualities and skills.
* An understanding of basic safeguarding.
* Personal boundaries
* Duty of care
* What might your offer look like?
* The importance of self care.

## Duration

Half day.

# **Group Peer Support in The Community** (Provided by Lancashire Mind)

## Overview

This half day workshop, explores Mind’s peer support values and the skills and challenges faced providing group facilitation. This is a great starting point for any organisation or member of the public wishing to launch a sustainable peer support group.

## Learning Outcomes

Understanding of Mind’s peer support principles

Increased knowledge in the skills and knowledge needed to facilitate group peer support.

## Course Content

Mind’s Peer support values

Group Facilitation skills

Awareness of signs of poor mental health in self and others

Tackling the challenges of peer support

Experience facilitating a small group topic

## Duration

3 hours