

Lancashire and South Cumbria Suicide Prevention Training Consortium

Available Courses and Interventions - end of March 2022

Please note that this menu replaces ALL previous menus.

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. The training being provided aims to address the high suicide rates within our area, and to tackle the harmful stigma surrounding suicide.

Orange Button Linked Courses

Courses which enable learners to apply or receive an Orange Button to signify that they are happy to be a Connector for someone who is experiencing thoughts of suicide are highlighted with an Orange Button image.



Levels of interventions

The offers are classed in three categories: advanced, intermediate and universal. This selection of interventions is delivered by a consortium lead by Lancashire Mind with a range of partners, as listed on page 9.

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.

How to Book?

Should you have any training requests, please email these to Lancashire Mind with the following:

- Course title
- Numbers to be trained
- Preferred date(s)

- Your preference to have either virtual or face to face delivery (please note that face to face delivery is subject to local/national restrictions, provider's internal policies and appropriate risk assessments).

Please use the email subject heading 'ICS SP training request' and send to: admin@lancashiremind.org.uk

ADVANCED SUICIDE PREVENTION TRAINING

SUICIDE FIRST AID Lite



Delivery Method – Virtual Or Face To Face Delivery Options (half day)

Overview

Suicide First Aid Lite is a half day workshop is a City & Guilds registered workshop which provides learners with the confidence and tools to understand the impact of suicide and, using a first aid approach, take someone who is experiencing thoughts of suicide from a place of danger and isolation to a place of safety and support. Suicide First Aiders use a three step approach to identify the signs that someone may be experiencing thoughts of suicide, recognise the needs of that person, ask about suicide clearly and directly and use safety planning to empower the individual to find appropriate support.

Learning Outcomes

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

- Understand the impact of suicide locally and nationally
- Understand suicide approach
- Recognise the needs of someone who is experiencing thoughts of suicide
- Identify the signs that someone may be experiencing thoughts of suicide
- Use a three step approach to supporting somebody from a place of isolation to a place of safety and support
- Understand safety planning and recognising the importance of partnership working.
- Begin to consider self care when undertaking suicide prevention.

Course Content

- Presentations and guidance from a trainer registered with the National Centre for Suicide Prevention
- Access to support from a local community resource person
- Powerful audio-visual learning aids
- Learner workbook to support and record learning (either virtual or physical dependent on delivery)
- Hands-on skills practice and development

SUICIDE FIRST AID Full Day



Delivery Method – Virtual Or Face To Face Delivery Options (1 full day)

Overview

Suicide First Aid is a full day City & Guilds registered workshop which provides learners with the confidence and tools to understand the impact of suicide and, using a first aid approach, take someone who is experiencing thoughts of suicide from a place of danger and isolation to a place of safety and support. This course goes into more detail than the lite version and incorporates further appropriate activities to support learning. This course supports learners to apply for a Level 4 Unit Accredited Qualification in Suicide Prevention upon submission of an assignment (for learners

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who wish to apply for this qualification, learners are required to enrol with City & Guilds at a cost of £85). Suicide First Aiders use a three step approach to identify the signs that someone may be experiencing thoughts of suicide, recognise the needs of that person, ask about suicide clearly and directly and use safety planning to empower the individual to find appropriate support.

Learning Outcomes

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

- Understand the impact of suicide locally and nationally
- Understand suicide approach
- Recognise the needs of someone who is experiencing thoughts of suicide
- Identify the signs that someone may be experiencing thoughts of suicide
- Use a three step approach to supporting somebody from a place of isolation to a place of safety and support
- Understand safety planning and recognising the importance of partnership working.
- Begin to consider self care when undertaking suicide prevention.

Course Content

- Presentations and guidance from a trainer registered with the National Centre for Suicide Prevention
- Access to support from a local community resource person
- Powerful audio-visual learning aids
- Learner workbook to support and record learning (either virtual or physical dependent on delivery)
- Hands-on skills practice and development

safeTALK



Delivery Method – Face To Face Delivery Only (half day)

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

INTERMEDIATE TRAINING

Understanding Self Harm

Delivery Method – Virtual or Face To Face Delivery Options (half day)

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

Presentation from experienced mental health trainer

Audio visual learning aids

Practical case studies to explore support avenues.

Supporting workbook to aid learning.

Supporting Student Mental Health and Resilience

Delivery Method – Virtual or Face to Face Delivery Options (2hrs)

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

- Presentation from experienced mental health trainer
- Practical activities to aid learning
- Follow up electronic Lancashire Mind resources to support mental health in schools



Adult Mental Health First Aid

Overview – Virtual And Face To Face Delivery Options (Face to face is delivered in 2 consecutive days, virtually this course will be delivered across 4 half day sessions supported by self guided study from learners at home).

Overview

Adult 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

Suicide Awareness Seminar

Delivery Method – Face To Face Only

Overview

This session is one hour in length has been coproduced with members of the community and community engagement groups to be a first introduction to the topic of suicide. It is designed to be a brief impactful session to talk about suicide and how someone might respond to a disclosure around suicide.

Learning Outcomes

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

- Have a level of basic suicide awareness
- Respond to disclosures around suicide

Course Content

- Presentation from experienced mental health trainer
- Lancashire Mind resources & follow up electronic resources.

Manging Mental Health in The Workplace

Delivery Method – Virtual or Face to Face delivery options (half day)

Overview

Aimed at managers and supervisors, this half day training session is CPD registered and 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

- An experienced mental health trainer
- Audio visual learning resources
- Electronic resources to support managers/employees in the workplace

Youth Mental Health First Aid

Delivery Method – Face to face delivery only (2 days)

Overview

Youth Mental Health First Aid (MHFA) courses are a 2 day workshop 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

UNIVERSAL INTERVENTIONS

Introduction to Self Harm Seminar

Delivery Method – Virtual or Face to Face Delivery options (1hr)

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

- Delivery by an experienced mental health trainer
- Audio visual training resource
- Electronic resources to support learners.

Self Awareness - Stress, Anxiety and Depression (With Or Without 'Introduction To Resilience')

Delivery Method – Virtual or Face to Face Delivery Options (1hr or can be combined consecutively with Introduction To Resilience for a 2hr session)

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

- Delivery by an experienced mental health trainer
- Audio visual training resource
- Electronic resources to support learners.

Introduction To Resilience (To Be Delivered With 'Self Awareness of Stress, Anxiety & Depression Only)

Overview

This one hour seminar can only be delivered to learners who have previously attended the 'Self Awareness of Stress, Anxiety & Depression' workshop under the 2020/21 suicide prevention programme. For customers requiring this course in isolation, it is available as a costed course privately.

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Outcomes

At the end of the training learners will:

- Understand three different tools to improve resilience.
- An understanding of the 5 Ways to Wellbeing.
- An understanding how embedding resilience can improve wellbeing over time.

Course Content

- Delivery by an experienced mental health trainer
- Audio visual training resource
- Electronic resources to support learners.

Lancashire Mind are working alongside partners across Lancashire and South Cumbria to support this delivery.

Lancashire Mind Services

Please email admin@lancashiremind.org.uk for further details about any of our organisations' services which are listed below. Our website is <http://www.lancashiremind.org.uk/>

Community Development

We are building resilience from an early age and work with children across the county through our Bounce Forward and Wellbeing Challenge programmes. With your support we aim to see similar programmes delivered to every child in Lancashire and embed the resilience model as an integral part of school life. Bounce Forward is our resilience programme for children aged 9-11 years. Delivered in the classroom as a 12-week programme or on an individual basis, the programme has been delivered to over 400 9-11 year olds. Over 85% of pupils report increased resilience and mental wellbeing and 100% of students enjoy the course.

Grounded in asset based approaches and coproduction, the Wellbeing Challenge works with young people to help them identify the health and wellbeing needs of their school and wider community and supplies them with the training, skills and support they need to build and deliver initiatives delivered by young people for young people.

Tenancy - Independent Living

Our tenancy management service provides access to accommodation and support to maintain a tenancy. To qualify for this service, you must be over 18, however under 16's can be taken on a licensing agreement. Currently available in Chorley, South Ribble and Preston, the service is run in partnership with housing associations and provides accommodation to people with a low-level mental health condition. We welcome referrals from professionals, as well as individuals.

Training

With over 25 years of experience in delivering innovative services to support and improve mental wellbeing across Lancashire, our workplace offer ensures we have a product to suit your business and your budget.

Whether you are looking for insight into the needs of your organisation, to train leaders, raise awareness or to embed wellbeing into your workplace, we have a product to support you as your wellbeing programme evolves.

For more information about our services please visit our dedicated www.lancashiremind.org.uk.

Wellbeing Coaching

Our Wellbeing Coaches can work with you, teaching you to make different choices to improve your mental wellbeing (available for individuals aged 10 through to adulthood). Life should be more than just getting by, everyone should have the opportunity to live a healthy, happy lifestyle.

Our team of coaches work in a range of different settings, including GP's surgeries, job centres and workplaces to help people feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached. If you or someone you know is struggling, get in contact with us to see how we can help.

Also Commissioned by Your Local Authority

In addition to the above consortium of interventions – there are many excellent projects offered by your local authority. If you would like to learn more about any of the below opportunities please follow the links or contact your local authority.

<https://www.lancashire.gov.uk/health-and-social-care/suicide-prevention-and-mental-health-training/>

<https://healthierblackpool.co.uk/getvocal/suicide-prevention/>

<https://www.blackburn.gov.uk/health/suicide-prevention>

Change Grow Live

Currently Offered in Blackburn with Darwen - bwdtraining@cgl.org.uk

Alcohol Awareness and Extended Brief Interventions (EBI) - FULL DAY TRAINING

Drug Awareness and Extended Brief Interventions (EBI) - FULL DAY TRAINING

The Hidden Harm of Substance Use - Working with Families – FULL DAY TRAINING

Dual Diagnosis - Substance Misuse and Mental Health – Full DAY TRAINING

Go2—Young People Drugs & Alcohol – HALF DAY TRAINING

Youth Justice – Issues and Challenges – HALF DAY TRAINING

Novel Psychoactive Substances – HALF DAY TRAINING

Working with South Asian Communities – HALF DAY TRAINING

Currently Offered in East Lancashire - eastlancs.info@cgl.org.uk

Alcohol Awareness and Extended Brief Interventions (EBI) - HALF DAY TRAINING

Drug Awareness and Extended Brief Interventions (EBI) - HALF DAY TRAINING

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New Psychoactive Substances (formerly referred to as 'legal-highs') - HALF DAY TRAINING

Steroids, Needle exchange & Harm Reduction - HALF DAY TRAINING

Introduction To Inspire – 2 hours

For training in North and Central Lancashire please contact - liz.hopkins@cgl.org.uk and lisa.curtis@cgl.org.uk

[Lancashire Emotional Health in Schools](#)

For training please contact LEHSS on 01524 593425

Topic-based Sessions focus on common ways in which mental health issues present in young people and aim to help staff gain understanding and knowledge of how these issues develop and what can influence them.

Skill-based sessions aim to help staff improve or develop basic therapeutic skills in order to more effectively respond to mental health issues in schools and help young people better self-manage their distress.

[Positive Action in the Community \(PAC\)](#)

Currently offered across Lancashire (excluding Blackpool & Blackburn with Darwen) - Claire Bennett at training@p-a-c.org.uk

ASIST – TWO DAYS TRAINING



Youth Mental Health First Aid – TWO DAYS TRAINING

Safe Talks – HALF DAY TRAINING

