

SUICIDE AWARENESS

Course Number

S1

Validity

3 Years

Duration

3 Hours

Assessment

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This emotionally sensitive course equips delegates with a foundational understanding of suicide risk, emotional response, and support strategies. Delegates will explore the causes and signs of suicidal feelings, high-risk groups, and practical approaches such as Mental Health First Aid (ALGEE). The course also addresses grief, anxiety, and staff support following a sudden death.

Introduction

- Introduction and course overview

Course Programme

- Understanding suicidal feelings and risk factors
- High-risk groups and early warning signs
- Mental Health First Aid: the ALGEE approach
- Grief, complicated grief, and types of loss
- Managing sudden death and its emotional impact
- Anxiety symptoms, self-care, and PTSD awareness
- Supporting colleagues and accessing help
- Summary, reflection, and course evaluation

Suitable for:

Care, Education
and Commercial



"There were 6,069 suicides registered in England and Wales (11.4 deaths per 100,000 people) in 2023; this is an increase compared with 2022 (10.7 deaths per 100,000, or 5,642 deaths) and the highest rate seen since 1999." Office for National Statistics