



Suicide Awareness

Duration: 7 Hours

Cost: £1250

Delivery: In Person or Online

This course is designed to educate individuals about the realities of suicide, including risk factors, warning signs, and how to provide support to someone who may be at risk. This course aims to empower individuals to recognise, respond to, and ultimately help prevent suicide

Course Aims:

- To increase knowledge and understanding of suicide
- To dispel myths and reduce stigma
- To teach participants how to recognise individuals at risk
- To equip participants with the skills to intervene and provide support
- To promote help-seeking behaviours
- To enhance safety planning
- To foster a sense of community responsibility

Course Outcomes:

Learners will have:

- Increased Knowledge and Understanding: of suicide prevalence, risk factors, and warning signs.
- Enhanced recognition of risk
- Improved confidence in intervention
- Increased help-seeking Behaviours
- Reduced stigma levels around suicide

Details

In- person	Online
£1250	£1250
Maximum 12 Attendees	Maximum 25 Attendees
Full day Session- 30 min lunch break plus 2 comfort breaks	Full day Session- 30 min lunch break plus 2 comfort breaks
Paper handouts provided	Digital handouts provided via Padlet

I will use this training to identify more easily the factors discussed in this course and will be able to identify certain behaviours far quicker and easier and be able to put a speedy plan of action in place to deal with the crisis in hand.

Book Now

Contact our friendly team via trainingservices@storicymru.org.uk

Whether you're ready to reserve your spot or have a few questions, we're here to help! Our team can guide you through course options, availability, and pricing.

Looking for something different?

We can design a bespoke course, tailored specifically to meet your unique needs. Get in touch to discuss how we can create the perfect training solution for you!