

AIMS

To be able to care for adults at risk of self-harm and suicide, and to understand how to deal with ligatures

LEARNING OUTCOMES

By the end of this course you will be able to:

- Understand the impact of mental illness
- Recognise factors that can trigger mental illness
- Be aware of the legislation underpinning mental health in care
- Know why people self-harm
- Understand what to do in the event of someone self-harming
- Be aware of coping strategies
- Understand the reasons why people commit suicide
- Know how to support those who feel suicidal
- Recognise when to seek urgent help
- Know which possible ligature points are high risk
- Be aware of the different types of ligature cutters, and how they are used
- Know how to respond in the event of finding someone with a ligature in situ
- Know how to deal with severe bleeds
- Know how to deal with an unconscious casualty

LESSONS AND TOPICS

Mental Health Awareness

- Mental illness
- Statistics

Causes of Mental Illness

- Genetic Factors
- Physical Factors
- Psychological Factors
- Social and Environmental Factors

Legislation

- Mental Health Act 1983 (Amended 2007) (MHA)
- Mental Capacity Act 2005 (MCA)
- RIDDOR (2013)
- Health and Safety at Work Act (1974)
- The Management of Health and Safety at Work Legislations (1999)

Self-Harm

- Self-Harm
- Why People Self Harm
- What to Do If You Suspect Someone Is Self-Harming
- What to Do If You Discover Someone Self Harming
- How to Help Someone Engaging in Non-Suicidal Self-Harm
- Coping Strategies

Suicide

- Why People Take Their Own Lives
- Warning Signs
- How to Help
- What Won't Help Someone Who Is Feeling Suicidal?
- Urgent Situations
- Seeking Professional Help
- If the Person Has Already Harmed Themselves
- Looking After Yourself

Ligatures

- Ligatures in Mental Health
- Risks
- Ligature Cutters
- Responding to Someone with a Ligature
- After the Use of a Ligature Cutter
- Preserving Forensic Evidence

First Aid

- Severe Bleeding
- Unconscious Casualties