

# Self-Harm and Suicide Prevention

## AIMS

To be able to provide effective and person-centred care for people who self-harm, or who are at risk of suicide

## DURATION

Half day course (3 hours)

## LEARNING OUTCOMES

By the end of this course you will:

- Recognise the impact of mental health conditions
- Be aware of the different types of mental illness
- Be aware of the legislation underpinning Mental Health Care
- Understand how factors may trigger mental illness
- Understand why people might self-harm
- Know what to do in the event of someone self-harming
- Understand why people might attempt or commit suicide
- Recognise the warning signs of a suicide attempt
- Know what to do if you find someone attempting suicide
- Recognise how suicide can impact communities and families
- Know how to plan effective, person-centred care for people who self-harm or at risk of suicide
- Know how to complete effective handovers
- Know how to report incidents effectively

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## LESSONS AND TOPICS

### Mental Health

- What Is Mental Health?
- Facts and Statistics
- Types of Mental Health Conditions

### Legislation

- Mental Capacity Act 2005 (MCA)
- Deprivation of Liberty Safeguards (DoLS)
- Mental Health Act 1983 (Amended 2007) (MHA)
- Equality Act 2000

### Causes of Mental Health Conditions

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

### 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
- Effects of Self-Harm

### Suicide

- Why People Take Their Own Lives
- Passive and Active Ideation
- How to Help
- What Won't Help
- Urgent Situations
- Seeking Professional Help
- If the Person Has Already Harmed Themselves
- Looking After Yourself
- Effects of Suicide

### Case Studies

- Suicide Clusters
- Paula Yates
- Ernest Hemingway

### Care Planning

- Assessments
- Care Plans
- Risk Management Plans
- Information
- Interventions for Self-Harm
- Harm Reduction
- Treating Associated Health Conditions

### Handovers

- What Is A Handover?
- Responsibility for Handover
- Designated Time for Handovers
- Recording Handover Information

### Reporting Incidents

- Understanding
- Effective Reporting
- Case Studies

