

AIM

To recognise the signs that a person may attempt to take their own life

DURATION

Part-Day Course (4.5 hours)

LEARNING OUTCOMES

By the end of this course, you will:

- Understand that Mental Health problems are common
- Be aware of legislation in place to protect people with mental health conditions
- Recognise some causes of mental health conditions
- Understand why some people choose to self-harm
- Understand what is meant by suicide ideation
- Recognise different types of suicide ideation
- Be aware of some reason why people ideate around suicide
- Recognise some common warning signs of suicide ideation
- Be aware of some treatments for suicide ideation
- Recognise ways to help a person who is ideating
- Know what to do in urgent situations

LESSONS

Mental Health

- History of Mental Health
- What is Mental Health?
- Talking About Mental Health

Legislation

- The Mental Health Act
- The Mental Capacity Act

Causes of Mental Health Conditions

- Genetic Factors
- Physical Factors
- Psychological Factors
- Social Factors

Self-Harm

- What is Self-Harm?
- Recognising Self-Harm
- Why People Self-Harm
- Actions to Take
- Providing Support and Assistance
- Coping Strategies

Suicide Ideation

- What is Suicide Ideation?
- Types of Suicide Ideation
- Why Do People Ideate?
- Warning Signs
- Treatment
- How to Help

Suicide

- Why People Take Their Own Lives
- How to Help
- Things That Won't Help
- Urgent Situations
- Scenarios