



Peter Christison & Associates Workplace Health Consultancy and training

Fact sheet 3 Suicide risk assessment awareness and prevention-
1 day training
Part of the 'Mental health and behaviour' series

Mental health and behaviour fact sheet

Suicide awareness, prevention and risk assessment training (Also see Self Harm and Suicide Awareness Training Fact sheet)

The National Suicide Strategy for England has a prevention target is to reduce the death rate from suicide and injury (and poisoning) of undetermined intent by at least a fifth by the year 2010 (from the Our Healthier Nation baseline rate of 9.2 deaths per 100,000 populations in 1995/6/7 to 7.3 deaths per 100,000 populations in 2009/10/11).

This **1 day or 2 day 'in house'** flexible training programme covers: suicide risk assessment, awareness and prevention. As with all flexible bespoke courses clients can request their own topics to be covered in depth or mixed with other mental health topics; see the list of training fact sheets available on page 3. An example is a popular course which is less in depth of the two topics '1 day training in suicide and self-harm awareness course'

Learning methods All our training is highly interactive in style utilising:

- ✚ Visual aids such as CD/Video
- ✚ Power point
- ✚ Group work includes case studies and working in pairs
- ✚ Trainer to group and group to trainer

What some of the delegates have said about our Suicide risk assessment and prevention 1 day training (Durham County Council health and social care- 42 delegates; full evaluation analysis on request)

Communication and practical do's and don'ts are excellent, will help with introductions and approaches to a suicidal person. Kept me interested 93% of the day **Peter Murray Expert Practitioner Health and Social Care.**

Very good course, gained a greater awareness of suicide and risks. Found it of benefit to working practice **Sandra Newport Social Worker**

Interesting relevant to day to day work, a knowledgeable trainer who delivered in a clear and understandable manner **D Fletcher Social Worker**

An excellent course, very good trainer was clear and approachable **Angela Snowball Social Work Assistant**

Trainer is very knowledgeable, up to date and able to direct us to relevant material to enhance our knowledge base. The course was well presented and good response to questions **Julie Kelly Social worker**

A very informative course and a good refresher with update on issues Trainer is very approachable. **Doreen Lamb AMP**

Found it raised my awareness and now feel a great deal more confident to deal with this now. I feel the course will improve my practice and would benefit others **Sarah Grote Mental Health Support Worker**

Group size: up to 14 maximum

Fees: on application subject to number of days and overall numbers of training days.

Course content or aims and objectives

This will vary according to your needs:

- ✚ Understand and gain an overview of suicide prevention, including practical and communication techniques, risk assessment for practitioners working in the mental health services and the community.
- ✚ Who is at risk of committing suicide? Examine groups and risk factors
- ✚ Indicators that someone is going to commit suicide
- ✚ Examine how a suicidal person feels
- ✚ Risk models and best practice in risk management involving people with mental ill health
- ✚ Measuring risk incorporating an examination of risk assessment tools, and using them in the risk assessment; case studies used.
- ✚ Contagion in suicide
- ✚ A brief overview of when is it self-harm or a serious suicide attempt
- ✚ Communication skills techniques with a suicidal person do's and don'ts;
- ✚ Practical approaches do's and don'ts to adopt in cases of threat of suicide;
- ✚ Prevention techniques used in the threat or of the imminent threat of suicide using learnt techniques by case studies
- ✚ Dealing with a completed suicide in a residential or non residential setting, includes the support of other residents and staff
- ✚ Understanding community based suicide prevention techniques, incorporating an overview of mental health promotion techniques includes reducing the stigma of suicide.
- ✚ An overview of the National Suicide prevention strategy its progress and update incorporating new projects (Suicide Strategy for Wales available)
- ✚ An overview of the conducted reviews and new projects in your region

Abridged Biography of the trainers

Niki D: *Niki is an accredited counsellor and psychotherapist, educated to MA level with 20 years experience working therapeutically with children, teenagers and adults. She has worked with hundreds of adults, teenagers and children who self-harm in a variety of voluntary and public sector services including, Prisons and Youth Offending Institutes, ChildLine, Women's refuges, Alcohol agencies, Homeless services and Youth services*

As an accomplished and experienced trainer for over 5 years, Niki aims to promote good practice within the work place in supporting and understanding people who self-harm or are suicidal. She provides a 1 day course in self-harm awareness and minimisation, and an intensive 1 day course in self-harm and suicide awareness. She runs training UK wide.

Niki is a qualified clinical supervisor and works in this capacity with counsellors at the Metropolitan Police Service as well as within her busy private practice. She also works as a tutor and deputy foundation course leader at the New School of Psychotherapy and Counselling (NSPC).

Peter Christison has worked for over 20 years in the business sector, 10 years in the public and voluntary sectors and has gained over 18 years experience delivering and designing training to all these sectors.

He has worked in the mental health field for over 18 years, including as a Mental Health Promotion Specialist in the NHS for 4 years where he specialised in mental health promotion for children and young people; latterly in workplace mental health. He was a National Trustee and Chair of the MDF Bi Polar Fellowship for 6 years.

He provides training in mental health topics, suicide and self harm training or workshops, and consultancy services for those working with children and adults throughout the UK. Details of his full biography are available on request.

To discuss your requirements please contact Peter Christison in confidence without obligation

We can provide over 30 courses and consultancy services in:

- ✚ Workplace health
- ✚ Mental health
- ✚ Health and safety
- ✚ Management skills and personal development
- ✚ Psychological and other therapies

You can download our 'Training list and Consultancy Services' fact sheet of our website or on request.

Please contact Peter Christison for further information in confidence

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