

**Self-Harm, Suicide Prevention & Suicide Bereavement Training Matrix: Generic (regularly updated)**

Level	Links to NICE Behaviour Change interventions	Who it's aimed at	Suicide Prevention	Suicide Bereavement	Self-Harm
Specialist		GPs	<p>RCGP eLearning</p> <p>Blue Stream Academy (subscription) – Is currently in the process of developing a Mental Health module including Suicide Prevention.</p> <p>BMA (subscription) - Lots of e-learning</p>	<p>PABBS (Postvention Assisting those Bereaved By Suicide) CPD Accredited training by Suicide Bereavement UK (face to face- One day )</p> <p>Cost per person: £299 + VAT</p> <p>For further information contact: Paul Higham</p> <p>Email: <a href="mailto:paul.higham@suicidebereavementuk.com">paul.higham@suicidebereavementuk.com</a></p>	
		A&E staff			<p>Management of Self-Harm in the Emergency Department   -</p> <p><a href="http://www.mash.bmh.manchester.ac.uk/e-learning">http://www.mash.bmh.manchester.ac.uk/e-learning</a></p>
		Pharmacists	<p>Pharmacy in Practice podcast: link: <a href="https://pharmacyinpractice.scot/2019/09/09/hayley-gorton-on-suicide-prevention-through-community-pharmacy/">https://pharmacyinpractice.scot/2019/09/09/hayley-gorton-on-suicide-prevention-through-community-pharmacy/</a></p> <p>A video on suicide awareness for pharmacy staff in collaboration with CPPE who provide training for pharmacist</p>		

			<p>&amp; pharmacy techs. A research survey is embedded in this to try and enhance the research in this area and inform future action: <a href="https://www.cppe.ac.uk/e-learning/suicideawareness/story_html5.html?EL_EID=49540&amp;EventID=49540">https://www.cppe.ac.uk/e-learning/suicideawareness/story_html5.html?EL_EID=49540&amp;EventID=49540</a></p>		
		Teachers/Those working with children in a pastoral not therapeutic role	<p>Papyrus  <a href="#">Home   Papyrus UK   Suicide Prevention Charity (papyrus-uk.org)</a></p> <p><b>SP-ARK</b> Suicide Prevention – Awareness, Resource, Knowledge.  Presentation (Face to Face and Online)</p> <p>An introduction to POPYRUS and Suicide Prevention</p> <p>The key objectives are:</p> <p>To increase awareness of Suicide and Suicide Prevention  To provide information about POPYRUS – Prevention of Young Suicide  To develop Hope and encourage action for a suicide safer community</p>	<p>Bereavement training for Educational Staff working with children with SEN:  Sarah Helton  Backpocketteach.co.uk</p> <p>MindEd (e-learning)  Post Suicide Bereavement and Postvention (30 mins)  <a href="https://www.minded.org.uk/LearningContent/Launch/593733">https://www.minded.org.uk/LearningContent/Launch/593733</a></p>	<p>Self-Harm Awareness for teachers, parents and students – ‘Attention Seekers?’ – face to face  <a href="http://www.satveernijjar.com">www.satveernijjar.com</a></p> <p>MindEd (e-learning)  <a href="http://www.minded.org.uk">www.minded.org.uk</a>.  Free educational resource for all adults on children and young people’s mental health</p> <p><a href="https://www.minded.org.uk/Component/Details/445676">https://www.minded.org.uk/Component/Details/445676</a>  This session is aimed at a universal audience and provides the background to self-harm in children and teenagers, common associated conditions and the optimal approach to managing it in the community.</p> <p>There are two modules ‘Self-Harm and Risky Behaviour’ (40 mins)</p>

			<p>To understand the importance of self-care.</p> <p>Delivery Time: 30 Minutes Cost: Free (one session per organisation)</p> <p><b>SP-OT</b> Suicide Prevention – Overview Tutorial.</p> <p>Tutorial (Face to Face and Online)</p> <p>What EVERYONE needs to know.</p> <p>The key objectives are</p> <p>To understand the prevalence and impact of suicide To explore the language, and the challenges, when talking openly about suicide To recognise the ‘signs’ that may indicate someone is having thoughts of suicide To consider how we can all contribute to a suicide safer community.</p> <p>Delivery Time: 90 minutes Cost: £250 (minimum 8, max 30 participants)</p> <p><b>SP-EAK</b> Suicide Prevention – Explore, Ask, Keep-Safe.</p>		<p>Understanding Self-harm and Suicidal Thinking (30 min)</p> <p>Identifying Self-Harm and What to Do (30 mins) Safety Planning (40 mins) for more specialist staff e.g. MH staff in schools</p>
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			<p>Training (Face to Face and Online)</p> <p>An introduction to Suicide Prevention skills</p> <p>The key objectives are</p> <p>To consider the attitudes, myths and stigma that surround suicide</p> <p>To recognise and explore the 'signs' that may indicate someone is having thoughts of suicide</p> <p>To encourage an open, safe and sensitive conversation about suicide with a person having thoughts of suicide</p> <p>To support a safety plan with someone thinking of suicide.</p> <p>Delivery Time: 3.5 hours Cost: £450 (minimum 8, max 30 participants)</p> <p><b>ASIST</b> Applied Suicide Intervention Skills Training (2 days): Training (Face to Face)</p> <p>A skills building workshop that prepares caregivers to provide suicide first aid interventions.</p> <p>The key objectives for you to learn to</p>		
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			<p>To consider personal and societal attitudes to suicide          To learn the most widely used suicide prevention model in the world          To recognise, and act on, the signs that someone is having thoughts of suicide          To seek a shared understanding of the reasons for thoughts of suicide and identify reasons for living          To review current risk and develop a joint plan to keep someone safe from suicide, signposting for further help and community resources as needed.</p> <p>Delivery Time: 2 days          Cost: £5000 (minimum 16, max 30 participants) £4500 if the organiser provides the venue.</p> <p>Notes:</p> <p>The Applied Suicide Intervention Training Skills (ASIST) prices are negotiable based on the provision of venue, equipment, refreshments and other factors. Please contact the training team <a href="#">here</a> if you would like to discuss this. Trainer</p>		
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			<p>travel expenses may be applicable.</p> <p>ASK (Assessing Suicide in Kids) Training for those working with 5-14yr olds. One day course includes safety planning.  <a href="#">The ASK Workshop UK • Assessing Suicide in Kids aged 5-14</a></p>		
		Call centre staff	Samaritans face to face		
		Police	<p>College of Policing Authorised Professional Practice site: Approved Professional Practice on Suicide Prevention &amp; Response E learning</p> <p><a href="https://www.app.college.police.uk/app-content/mental-health/suicide-and-bereavement-response/">https://www.app.college.police.uk/app-content/mental-health/suicide-and-bereavement-response/</a></p>	<p><a href="https://www.app.college.police.uk/app-content/mental-health/suicide-and-bereavement-response/">https://www.app.college.police.uk/app-content/mental-health/suicide-and-bereavement-response/</a></p> <p>College of Policing Authorised Professional Practice site: Approved Professional Practice on Suicide Prevention &amp; Response E learning</p>	<p>College of Policing Authorised Professional Practice site: Approved Professional Practice on Suicide Prevention &amp; Response E learning</p> <p><a href="https://www.app.college.police.uk/app-content/mental-health/suicide-and-bereavement-response/">https://www.app.college.police.uk/app-content/mental-health/suicide-and-bereavement-response/</a></p>
		Emergency Services		<p><b>Emergency Services Postvention Response (ESPR)</b>  One-Day training delivered by Suicide Bereavement UK. £299 plus VAT</p> <p>Aims to:  Provide 'active' first responders with knowledge and skills to</p>	

				<p>respond effectively after a (suspected) suicide</p> <p>Assist first responders in effective critical incident management</p> <p>Empower and enable/promote resilience, when responding after suicide</p> <p>Improve the quality of both psychosocial and peer support services.</p> <p>ONLY 'active duty' first responders are permitted to attend (i.e. personnel who are actively engaged in e.g. police, ambulance, fire, air, sea and rescue services).</p> <p>For more information email: <a href="mailto:paul.higham@suicidebereavementuk.com">paul.higham@suicidebereavementuk.com</a></p>	
<b>Advanced</b>	<b>Therapeutic interventions</b>	Health Professionals including mental health workers	<p>STORM – level 3 full course – face to face</p> <p>Connecting With people – E-learning (2hr modules x4) &amp; face to face</p>	<p>SBUK has developed a suite of brief, interactive, 90-minute 'ON THE GO' online modules, (each costing £80 plus VAT) focusing on a different aspect of suicide bereavement e.g.: working effectively with grief, using appropriate language,</p>	<p>STORM SP and self-harm mitigation – level 3</p> <p>Connecting with People Self-Harm training (Half Day)</p>

			Suicide Assessment Framing including e-tool	communicating with children bereaved by suicide, working with suicide bereavement in the COVID-19 pandemic. <a href="#">Online Modules - Suicide Bereavement UK</a>	
<b>Intermediate</b>	<b>Extended Brief Advice</b>	<p>Anyone</p> <ul style="list-style-type: none"> <li>Who has an ongoing caseload</li> <li>sees people on an ongoing basis</li> <li>sees people for more than 30 mins at a time</li> <li>likely to be in contact with people at increased risk of suicidal behaviours or self-harm</li> </ul> <p>Examples include</p> <ul style="list-style-type: none"> <li>Housing association staff</li> <li>Drug and alcohol treatment staff</li> <li>Social care staff</li> <li>Line managers</li> </ul>	<p>STORM – level 2 – face to face</p> <p>Suicide First Aid (accredited by City &amp; Guilds) <b>Suicide First Aid Lite</b> teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, this programme is delivered over 3 hours (online) <a href="https://www.suicidefirstaid.uk/">https://www.suicidefirstaid.uk/</a></p> <p>ASIST (Applied Suicide Intervention Skills Training) – 2-day interactive workshop in suicide first aid</p>	STORM Suicide Postvention module (face to face)	STORM SP and self-harm mitigation – level 2 (face to face)O
	<b>Brief Advice</b>	Anyone who	HEE: -We need to talk about suicide (E-learning 1 hr)		STORM SP and self-harm mitigation – level 1

		<ul style="list-style-type: none"> <li>• See people more than once and for between 5-30 minutes</li> </ul> <p>Examples Include:</p> <ul style="list-style-type: none"> <li>• Job Centre Plus staff</li> <li>• Debt advice staff</li> <li>• Pharmacists</li> <li>• Fire Fighters</li> <li>• Line managers</li> </ul>	<p><a href="https://www.nwcpwd.nhs.uk/nwphpn/nwphpn-our-work/suicide-prevention-e-learning-resource">https://www.nwcpwd.nhs.uk/nwphpn/nwphpn-our-work/suicide-prevention-e-learning-resource</a></p> <p>STORM – level 1 – face to face</p> <p>ASIST: - SafeTALK – half day (3hrs) suicide alertness training for those 15 yrs or older.</p> <p>Papyrus - face to face – SPEAK (2.5 hours)</p>		
<b>Universal</b>	<b>Very Brief Advice</b>	<p>Anyone who</p> <ul style="list-style-type: none"> <li>• See people only once 5 minutes or less (MECC)</li> </ul> <p>Examples Include:</p> <ul style="list-style-type: none"> <li>• Pharmacy staff</li> <li>• GP receptionists</li> <li>• Community hub centre receptionists</li> </ul>	<p>HEE: -We need to talk about suicide (E-learning 1 hr)</p> <p><a href="https://www.nwcpwd.nhs.uk/nwphpn/nwphpn-our-work/suicide-prevention-e-learning-resource">https://www.nwcpwd.nhs.uk/nwphpn/nwphpn-our-work/suicide-prevention-e-learning-resource</a></p> <p>STORM – SP Basic Course level 1 – face to face</p>		STORM SP and self-harm mitigation Basic Course – face to face
<b>Basic Awareness</b>		<p>Community members including</p> <ul style="list-style-type: none"> <li>• Faith Leaders</li> <li>• Volunteers</li> <li>• Taxi drivers</li> </ul>	<p>Zero Suicide Alliance:-Save a life (e-learning) (20 minutes)</p> <p>Papyrus (face to face):- SP-OT Suicide Prevention-Overview Training (90 mins)</p>		

		<ul style="list-style-type: none"><li>• Hairdressers</li><li>• Tattoo artists,</li></ul>	SuicideTALK (90 mins) (face to face) <a href="http://www.chooselife.net/Training/suicidetalk.aspx">http://www.chooselife.net/Training/suicidetalk.aspx</a>		
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**Self-Harm and Suicide Prevention training matrix: Locality Specific**

Region	Level	Links to NICE Behav. Change interventions	Who its aimed at	Suicide Prevention	Suicide Bereavement	Self-Harm
	Specialist					
	Advanced	Therapeutic interventions	Health professionals including mental health front-line workers	STORM: Stockport		
	Intermediate	(Extended) Brief Advice	<p>Anyone</p> <ul style="list-style-type: none"> <li>• who has an ongoing caseload</li> <li>• sees people on an ongoing basis</li> <li>• sees people for more than 30 mins at a time</li> <li>• likely to be in contact with people at increased risk of suicide or self-harm</li> </ul> <p>Examples include</p> <ul style="list-style-type: none"> <li>• housing association staff</li> <li>• Job Centre Plus staff</li> <li>• debt advice staff</li> <li>• drug and alcohol treatment staff</li> <li>• social care staff</li> </ul>	Locally developed Safety Planning training: Stockport,		Training regarding Stockport's policy on responding to self-harm – half-day session. Learning objectives; understanding and responding to self-harm as well as how the policy operates.
		Brief Advice	<p>Anyone who</p> <ul style="list-style-type: none"> <li>• See people more than once and for between 5-30 minutes</li> </ul>	Locally developed suicide prevention/ awareness training:		Training regarding Stockport's policy on responding to self-harm – half-day session. Learning objectives;

			<p>Examples Include:</p> <ul style="list-style-type: none"> <li>• Job Centre Plus staff</li> <li>• Debt advice staff</li> <li>• Pharmacists</li> <li>• Fire Fighters</li> <li>• Line managers</li> </ul>	<p>Stockport (Samaritans) Bury (Bury VCFA)</p>		<p>understanding and responding to self-harm as well as how the policy operates.</p>
	Universal	Very Brief Advice	<p>Anyone who</p> <ul style="list-style-type: none"> <li>• See people only once 5 minutes or less (MECC)</li> </ul> <p>Examples Include:</p> <ul style="list-style-type: none"> <li>• Pharmacy staff</li> <li>• GP receptionists</li> <li>• Community hub centre receptionists</li> </ul>	<p>Locally developed suicide prevention/awareness training: Stockport, Bury</p> <p>SuicideTALK (1.5 hrs) Stockport (Stockport Mind)</p>		
	Basic Awareness		<p>Community members including</p> <ul style="list-style-type: none"> <li>• Faith Leaders</li> <li>• Volunteers</li> <li>• Taxi drivers</li> <li>• Hairdressers</li> <li>• Tattoo artists,</li> </ul>	<p>SuicideTALK (1.5 hrs) Stockport (Stockport Mind)</p>		