

Suicide Prevention and Self-harm

North Cumbria Collaborative Training Offer



Every
life
matters



Connecting with People - For Clinicians within Mental Health, GPs, Primary Care, A&E

FREE Half Day Online Training

Suicide Response Pt 1

Safe assessment, triage, and immediate response skills for first point of access clinicians in Mental Health services, GPs/Primary Care staff/A&E



CONNECTING WITH PEOPLE

ICS Integrated Care System North East & North Cumbria

Every life matters

Orange Button Training


Facilitates a safe assessment, triage, and immediate response for busy clinicians such as first point of access in **Mental Health services, Primary Care staff, A&E** and other staff in pressured environments. Equips usage of SAFETool™ via case-based learning and develop skills and confidence in co-producing Safety Plans.

Cost: Free of charge. Duration: 3 hours. [More information](#). Booking training@every-life-matters.org.uk

FREE Half Day Online Training

Suicide Response Pt 2

Creating comprehensive, person-centred bio-psycho-social suicide mitigation plans for clinicians in Mental Health, Primary Care, A&E and other settings.



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Orange Button Training

Understand collaborative and transparent approaches to **mitigating suicide risk** and how to increase your **patient's resilience to suicidal thoughts**. Learn to create a comprehensive, person-centred, bio-psycho-social suicide mitigation plans and collaborative support mapping. For clinicians in **Mental Health and Primary Care**.

Cost: Free of charge. Duration: 3 hours. [More information](#). Booking training@every-life-matters.org.uk

FREE One Day Online Training

Suicide Awareness and Suicide Response Pt 1 & Pt 2 for Primary Care



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Orange Button Training

This one day course combines Suicide Awareness followed by Suicide Response Pt 1 and Pt2 and is ideal for developing a **whole system approach and common language** in managing suicide risk within busy Primary Care settings.

Cost: Free of charge. Duration: 7 hours. [More information](#). Booking training@every-life-matters.org.uk


Connecting with People - General training for frontline staff and those in helping roles

FREE Half Day Online Training

Suicide Awareness

Develop a compassionate approach, and the confidence and the skills to talk to someone in distress.

Delivered by:



CONNECTING WITH PEOPLE

ICS Integrated Care System North East & North Cumbria

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Tackles myths, stigma and barriers, and develops a **common language between community, services and those in distress**. Gives delegates a compassionate approach, and the confidence and the skills to talk to someone in distress.

Cost: Free of charge. Duration: 1.5 hours. [More information](#). Booking training@every-life-matters.org.uk


FREE Half Day Online Training

Emotional Resilience

Develop and enhance your own emotional literacy as a way to support others

A Connecting With People Training module

Delivered by:



CONNECTING WITH PEOPLE

ICS Integrated Care System North East & North Cumbria

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Emotional resilience is the ability to cope with life's challenges and ups and downs. This FREE half-day course helps you develop an understanding of **practical strategies and coping mechanisms to promote wellbeing**, whilst improving your own emotional literacy.

Cost: Free of charge. Duration: 3 hours. [More information](#). Booking training@every-life-matters.org.uk

Every Life Matters - General training for frontline staff and those in helping roles

FREE Half Day Online Training

Suicide Alertness

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support
- Checking-in
- Looking after Yourself



Orange Button Training

An interactive training session is aimed at **anyone in a helping role** who wants to understand more about the context of suicide, identify when someone may be at risk, how to ask directly about suicide, how to support someone and guide them to the help they need.

Cost: Free of charge. Duration: 3.5 hours. [More information.](#) Booking via [Eventbrite](#)

FREE Two Hour Online Training

Safety Planning

- My Reasons for Living
- Making my Situation Safer
- My Warning Signs
- Lifting My Mood
- My Informal Support
- My Distractions
- Professional Support



Orange Button Training

A practical and interactive two hour session looks at how to support someone with thoughts of suicide through creating a **stepped Safety Plan**, helping us manage thoughts of suicide from fleeting ideas to an overwhelming desire to end ones own life.

Cost: Free of charge. Duration: 2 hours. [More information.](#) Booking via [Eventbrite](#)

FREE Half Day Online Training

Self-harm Alertness

- Getting informed
- Cycle of self harm
- Coping Strategies
- Safe Plan



Orange Button Training

Suitable for school staff, health and social care practitioners and professionals and **anyone who wants to understand why people self-harm**, to develop practical tools and strategies to support people, and gain knowledge of the range of local and national support available.

Cost: Free of charge. Duration: 3.5 hours. [More information.](#) Booking via [Eventbrite](#)

Every Life Matters - Introductory level for the general public and those in helping roles

FREE Bitesize Online Training

Suicide Awareness

Learn more about suicide and what we can all do to help

- Getting informed
- Being Aware
- Asking Directly
- Listening Carefully
- Building Support



Orange Button Training

This bite-size **Suicide Awareness** session aimed at **anyone in the community who wants to learn more** about the myths and facts surrounding suicide, understand when someone might be at risk, how to talk directly about suicide, and what we can all do to offer support.

Cost: Free of charge. Duration: 1 hours. [More information.](#) Booking via [Eventbrite](#)

FREE 1 Hour Information session

Supporting childrens mental health and wellbeing

For Parents & Carers

- Mental Health
- Self-harm
- Suicide



Orange Button Training

This short one-hour information session is designed as an **introduction to mental health, self-harm and suicide for parents and carers**, or anyone who works with young people, who wants to understand how to help support their wellbeing.

Cost: Free of charge. Duration: 1 hours. [More information.](#) Booking via [Eventbrite](#)

Every Life Matters - Orange Button Community Suicide Prevention Scheme

Orange Button Community Scheme

Orange button holder



Healthier Lancashire & South Cumbria

The **Orange Button Community Scheme** is a way of identifying people that have undertaken suicide prevention training in the community. Demonstrating they have the confidence to talk to others comfortably and confidently about suicide, and can inform people where to find help and support. The Scheme is being rolled out across North Cumbria from Summer 2021. Orange button Holders must have undertaken a qualifying suicide prevention course of minimum 3 hours duration. [More details.](#)

Every Life Matters - Additional Accredited Suicide Prevention Training

One Day Online Training

ASK Workshop

Assessing for Suicide in Kids

Developmentally appropriate strategies and tools to identify and support young children at risk of suicide

Delivered by

Every life matters...

Orange Button Training



The one day **ASK Workshop** specifically **addresses suicide risk in children** and gives participants developmentally appropriate strategies and tools to identify young children at risk of suicide and quickly gather and organize key details needed to assess risk and inform safety planning.

Cost: On request. Duration: 6 hours. For more information contact training@every-life-matters.org.uk

FREE Half Day Online Training

Suicide First Aid

Understanding Suicide Interventions

For people living or working in Cumbria

Delivered by

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Orange Button Training



Suicide First Aid is a half day online or one day face to face course which teaches and practices the skills and knowledge needed to identify someone who may be thinking about suicide and **competently intervene to help create suicide-safety** as a first aid approach.

Cost: On request. Duration: 3.5 or 6 hours. For more information contact training@every-life-matters.org.uk

Online or Face-to-Face Training

Mental Health First Aid

Identify, understand and help someone experiencing a mental health issue.

Adult and Youth Versions Available

Delivered by

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Orange Button Training



The 2 day **Mental Health First Aid (MHFA)** programme teaches people how to identify, understand and help someone who may be experiencing a mental health issue. Adult or Youth versions. Available as 2 day MHFA, 1 day Champion, and half day MHFA Awareness plus MHFA Refresher modules.

Cost: On request. Duration: 2 days. For more information contact training@every-life-matters.org.uk

2 day Face-to-Face Training

ASIST Applied Suicide Intervention Skills Training

LivingWorks

Delivered by

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Orange Button Training



Applied Suicide Intervention Skills Training (ASIST) is a two day interactive workshop in suicide first aid and more. ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety.

Cost: On request. Duration: 2 days. For more information contact training@every-life-matters.org.uk

eLearning

Zen Suicide Alliance

SUICIDE LET'S TALK

NHS Mindy Care



In under 30 minutes, **Suicide – Lets Talk** aims to give you the skills and confidence to help someone who may be considering suicide.

REAL TALK ABOUT SUICIDE

PLAY IN FULLSCREEN

PLAY WITHOUT FULLSCREEN

FOR CHROME ON PC/MAC, IPHONE 6-11
IPAD 2019, GALAXY S7-10 & SAFARI ON MAC



Real Talk is a 30 min interactive film which helps guide the viewer, as they make choices to support someone with suicidal thought

We need to talk about suicide

Health Education England NHS Public Health England



A 60 minute **HEE course** designed to help people in frontline roles recognise the part we can play in preventing suicide

MindEd e-learning to support young healthy minds

MindEd for Families

MindEd is a free educational resource on children and young people's mental health for all adults



MindEd contains a wide variety of eLearning modules focusing on children and young people's mental health.