

## Free online training to support conversations about mental health and suicide prevention

If you potentially come into contact with people in distress, please take some of these free online learning opportunities:

### Samaritans online advice

Not a training course, but very useful reading on what anyone can do [if worried about someone else](#), including [supporting someone with suicidal thoughts](#), and a section on [myths about suicide](#), and one on [active listening tips](#).

### Connect 5 E-training

Mental health promotion training programme designed to increase the confidence and core skills of frontline staff so that they can be more effective in having conversations about mental health and wellbeing, help people to manage mental health problems and increase their resilience and mental wellbeing through positive changes.

3-hour Zoom sessions can be booked here: <https://www.togmind.org/connect-5>  
Three levels are available, you can take one, two, or all three at different times.

### Psychological First Aid (PFA)

An [online self-study modules from Public Health England](#), aimed at any frontline workers and volunteers. The course teaches the key principles of giving psychological first aid in emergencies and aims to increase awareness and confidence to provide this support to people affected by COVID-19. PFA is a globally recognised training in emergency situations.

By the end of the 3-hour course, outcomes will include: understanding how emergencies like the COVID-19 pandemic can affect us, recognising people who may be at increased risk of distress and understanding how to offer practical and emotional support.

### Zero Suicide Alliance - short online training units on suicide awareness

The [Zero Suicide Alliance online self-study units](#) help people better understand the signs to look out for and teach the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts:

- Step 1: social isolation module (5-10 min)
- Step 2: Gateway module (5-10 min)
- Step 3: Suicide awareness training (approx. 20 min)

## **Public Health England and Health Education England online e-learning 'We need to talk about suicide'**

<http://www.nwyhelearning.nhs.uk/elearning/HEE/SuicidePrevention/>

Hour-long online self-study training to help you recognise warning signs and to talk to someone who may be at risk of suicide.

## **Suicide Awareness for Professionals (suitable for anyone, not just professionals)**

Evidence-based training developed by 4MentalHealth and delivered in ½-day classroom or Zoom sessions by local Stockport trainers.

Helps delegates understand how distress develops and how people can be best supported.

Gives delegates the confidence and the skills for talking to someone in distress and equips them with the knowledge of how to make a Safety Plan. Bookable at

<http://www.educationstockport.uk/Search/suicide>

And don't forget to look after yourself too: [NHS Every Mind Matters](#) provides simple tips and advice on looking after our own mental health: