

Stockport Suicide Prevention and Mental Health Awareness - Training Matrix - Version February 2021

Sign-off: Suicide Prevention Forum

NOTE: All training offers are suitable for any staff, except those at Advanced or Specialist level; this is a list of recommended minimum training for different types of staff.

Suicide prevention training:

Level	Description	Example Roles	Training Offer / Resource
Essential for all	Essential/universal awareness and Signposting	ALL	<ol style="list-style-type: none"> 1. Read Myths and facts about suicide Read Sections 1 and 2 of How to Support Someone You are Worried About, particularly the SHUSH Listening Tips. You may find subsequent sections helpful also. 2. Study local sources of support: Emotional wellbeing and mental health support offers for anyone in Stockport: explore these pages (and the included leaflet): https://www.stockport.gov.uk/mental-wellbeing-support-coronavirus 3. Ensure you have a good supply of the signposting leaflet '<i>Are you feeling anxious, stressed or low at this time?</i>' available on the link above; hard copies can be requested from: SMBC WELLBEING PUBLICATION ORDER FORM
1	Basic Awareness	Members of the public and staff with limited interactions with public	<p>Zero Suicide Alliance online self-study units:</p> <p>Step 1: social isolation module (5-10 min) Step 2: Gateway module (5-10 min) Step 3: Suicide awareness training (approx. 20 min)</p> <p>Suicide prevention training available online for all Council staff: https://stockport.learningpool.com/course/view.php?id=385</p>
2	Intermediate	Roles likely to see people for longer or more than once.	<p>Public Health England and Health Education England online e-learning 'We need to talk about suicide' - Hour-long online self-study training to help you recognise warning signs and to talk to someone who may be at risk of suicide.</p> <p>Suicide Awareness for Professionals (4MentalHealth) ½-day classroom or online training delivered by local trainers</p>

Level	Description	Example Roles	Training Offer / Resource
			Helps delegates understand how distress develops and how people can be best supported. Gives the confidence and the skills for talking to someone in distress, and knowledge of how to make a Safety Plan.
		School staff working with Primary and Secondary age children	<p>ASK (Assessing Suicide in Kids) This course teaches a better understanding and alertness to the fact that children can be at risk of suicide. You will learn what to look out for, and feel confident approaching the subject of death – and suicide – with a child. 4.5hrs x 2 days, £80, delivered online/face to face</p> <p>ASIST (Applied Suicide Intervention Skills Training) This course teaches you how to conduct a full suicide intervention. You will learn the tools and confidence to best support a person at risk, help them create an effective suicide Safety Plan and follow-up the intervention. It also helps you recognize other important aspects of suicide prevention including life-promotion and self-care. This is an active learning experience with regular opportunities to put learning into practice. After completing this course you will be a recognised Suicide First Aider. 6hrs x 2 days, £200, delivered face to face</p> <p>ASK and ASIST Training is coordinated by The Pendlebury Centre and delivered by Mental Health Learning https://mentalhealthlearning.co.uk/courses/</p>
3	Advanced	Roles including assessment	<p>Suicide Response 1 Training (4Mental Health) ½-day training in safe assessment, triage, and immediate safe response using the SAFETool™. Participants need to have undertaken ‘Suicide Awareness for Professionals’ first.</p> <p>For clinicians, particularly in primary care, ‘Suicide Awareness for Professionals’ and ‘Suicide Response 1’ courses are delivered in one ½-day unit. Enquire at the CCG Education Team for course dates available.</p>
	Specialist	Mental Health workers and specialist roles	Talk to your manager, professional standards may apply.

Further Suicide Prevention Training options:

Stockport Mind – offers Suicide Prevention Training as 1.5-hour, 3.5-hour and 2-day (ASSIST) options – see <https://www.stockportmind.org.uk/suicide-prevention-training/#>.

Papyrus For suicide prevention for children and young people, Papyrus runs specific courses: <https://www.papyrus-uk.org/education-and-training/>

Pennine Care NHS Foundation Trust – STORM training Version 4 Suicide Prevention & Self-Harm Mitigation courses for their staff (for adults and for children and young adults). Available at 4 levels, for people at differing levels of engagement and responsibility for safety planning. The course is designed to increase confidence and competence by enhancing the communication skills needed to engage someone in distress to: work collaboratively, reduce risk, plan for safety and prevent suicide and reduce self-harm.

Stockport Homes Group – Suicide First Aid course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills to help someone with thoughts of suicide stay safe from their thoughts and stay alive.

Suicide prevention and postvention resources for employers:

* highly recommended for all employers *

[Suicide Prevention Toolkit](#). By Business in the Community / The Prince's Responsible Business Network.

[Crisis management in the event of a suicide: a postvention toolkit for employers](#). By Business in the Community / The Prince's Responsible Business Network.

Free Courses - mental health awareness, psychological first aid, resilience, listening

The following are freely available resources and courses to help you with supportive conversations about emotional wellbeing and mental health:

- **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.

- **Psychological First Aid for Children and Young People**

Similar to the above, but for those supporting children and young people. [CYP Psychological First Aid online course - FutureLearn](#) aimed at frontline workers, as well as parents or care givers, including young people who want to support their peers.

- **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.

- **Samaritans online guidance**

Tried and tested [active listening tips](#) from the Samaritans for anyone.

- **Listening Skills** – includes the Samaritans SHUSH tips to help develop an understanding of the elements of effective active listening. Course delivered free by Stockport Samaritans, available for a range of audiences, schools, community groups, workplaces etc; donations welcome. Contact: Stockport.Outreach@samaritans.org

- **Building Resilience** – explores a range of coping strategies that can be helpful to develop resilience. Course delivered free by Stockport Samaritans, available for a range of audiences, schools, community groups, workplaces etc; donations welcome. Contact: Stockport.Outreach@samaritans.org

Your employer may have additional in-house or commissioned training offers, including on **mental health first aid**, or **resilience** – ask your training department.

For **workplace mental health** see [Home – Mental Health At Work](#).