

## Havering - Suicide Prevention Training Directory

Preventing suicides is everyone’s responsibility. Training the workforce facilitates early identification of risk factors and those at greatest risk. It also ensures that staff are aware of their contribution towards prevention. Equipping staff with knowledge and skills will also ensure that preventative and early intervention and support is provided to prevent escalation of issues and that those bereaved or affected by suicides receive appropriate support.

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## Suicide Prevention Training (correct as of June 2023)

Training	Training Provider	Training Description	Training Audience	Training Duration	How to book	Cost
Gateway Training	<b>Zero Suicide Alliance</b>	A brief but vital introduction to suicide awareness. You will learn how to approach and help someone that you think may be considering taking their own life	Everyone	5-10 minutes Online	<a href="https://www.zerosuicidealliance.com/suicide-awareness-gateway-training">https://www.zerosuicidealliance.com/suicide-awareness-gateway-training</a>	Free
In Depth Suicide Awareness Training	<b>Zero Suicide Alliance</b>	An in depth suicide awareness training session. You will gain the skills and confidence to help someone who may be considering suicide. When you complete this training you will understand the importance of breaking the stigma surrounding suicide by encouraging open conversations about it.	Everyone	20 minutes Online	<a href="https://www.zerosuicidealliance.com/suicide-awareness-training">https://www.zerosuicidealliance.com/suicide-awareness-training</a>	Free
Suicide Awareness and Prevention Training	<b>Safe Connections (Mind)</b>	Learn practical skills to improve confidence to provide support to someone who is feeling suicidal. Highlights the importance of listening, offers basic dos and don'ts, and creates a rare and valuable opportunity to talk openly about suicide. An understanding of the mental health drivers that can cause suicidal thoughts will be gained, along with learning the ability to recognise the signs that someone may be feeling suicidal early on. Finally, the training will also provide people with the confidence to support other vulnerable people and reduce the risk of a suicide attempt being made.	This training is suitable for anyone working with vulnerable clients or those interested in learning more about Suicide Prevention.	2 hours	To book: <a href="#">Suicide Awareness and Prevention Training - Mind in Hackney (mindchwf.org.uk)</a>	Check website

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<a href="#">Suicide First Aid Lite</a>	<b>North East London Health &amp; Care Partnership</b>	The Suicide First Aid Lite is a 4 hour course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.	Multi-sector practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers and community members.	4 hours Virtual	<a href="https://nelsuicidepreventiontraining.co.uk/sfalite/">https://nelsuicidepreventiontraining.co.uk/sfalite/</a>	Check website
<a href="#">Demystifying Self Harm (Self-Harm Awareness )</a>	<b>Psychological Approaches CIC</b>	This workshop will provide participants an introduction to trauma informed perspective of self-harm. An overview of how the roots of self-harm lie in the person's attachment history will offer participants a compassionate way to understand the behaviours, and inform caring approaches for supporting clients.	Anybody who feels they need an introduction training on Self Harm can attend	2 hours Virtual	<a href="https://nelsuicidepreventiontraining.co.uk/selfharm/">https://nelsuicidepreventiontraining.co.uk/selfharm/</a>	Check website

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<a href="#">SP-ARK: Suicide Prevention – Awareness, Resource, Knowledge Awareness, Resource, Knowledge</a>	<b>PAPYRUS Prevention of Young Suicide</b>  <b>SP-ARK is an awareness session and not a skills building training session</b>	An introduction to PAPYRUS and Suicide Prevention.  The key objectives are: 1. To increase awareness of Suicide and Suicide Prevention 2. To provide information about PAPYRUS – Prevention of Young Suicide 3. To develop Hope and encourage action for a suicide safer community 4. To understand the importance of self-care.	Everyone	30 mins Face to face Online	How to book and see upcoming training sessions with Papyrus: <a href="#">Upcoming sessions</a>	Free
<a href="#">SP-OT: Suicide Prevention – Overview Tutorial</a>	<b>PAPYRUS Prevention of Young Suicide</b>	What EVERYONE needs to know  The key objectives are: 1. To become more aware of the prevalence of suicide 2. To examine personal and societal beliefs around suicide 3. To understand PAPYRUS beliefs around suicide 4. To consider how we can all contribute to a suicide safer community	Everyone	90 minutes	How to book and see upcoming training sessions with Papyrus: <a href="#">Upcoming sessions</a>	£25pp Group Cost: £300 (minimum 8, max 30 participants)

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<a href="#">SP-EAK Suicide Prevention – Explore, Ask, Keep Safe</a>	<b>PAPYRUS Prevention of Young Suicide</b>	<p>Aims to teach skills to people who have pastoral care or responsibility for young people.</p> <p>The key objectives are:</p> <ol style="list-style-type: none"> <li>1. To consider our attitudes around suicide</li> <li>2. To consider ‘signs’ that may indicate someone is having thoughts of suicide – and how we ask about those</li> <li>3. To understand how to listen to someone talking about suicide – and why that’s important</li> </ol> <p>To discuss your experiences of supporting people with thoughts of suicide – and the importance of debriefing and self-care</p>	Everyone	3.5 hours	<p>How to book and see upcoming training sessions with Papyrus:</p> <p><a href="#">Upcoming sessions</a></p>	<p>£55pp            Group Cost: £550 (minimum 8, max 30 participants)</p>
<a href="#">Suicide First Aid: Understanding Suicide Intervention*</a>  <b>*Accredited by City &amp; Guilds</b>	<b>North East London Health &amp; Care Partnership</b>	<p>Participants learn and practice the skills needed to identify someone who may be thinking about suicide, and to competently intervene to help create a safe plan, as a first aid approach.</p>	Multi-sector practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers and community members	<p>Virtual</p> <p>Taught as two half-days virtually or a full-day when face to face, using tutor-facilitated Socratic learning, tutor-led role-play, mini lectures, group work and audio-visual presentations.</p>	<p><a href="#">Suicide First Aid: Understanding Suicide Intervention – NEL Suicide Prevention (nelseuicidepreventiontraining.co.uk)</a></p>	Check website

Training	Training Provider	Training Description	Training Audience	Training Duration	How to book	Cost
<a href="#">The Ask Workshop</a>	<b>Safe Connections (Mind)</b>	<p>Learning objectives The desired learning outcomes of The "ASK" WorkshopTM are that participants will:</p> <ul style="list-style-type: none"> <li>• Recognise how a child's understandings of death and</li> <li>• suicide may be implicated in risk</li> <li>• Become aware of the ways children at risk of suicide communicate their need for help</li> <li>• Recognise factors that may increase suicide risk and those that may mitigate it</li> <li>• Know how to work with both in order to formulate the basis of a plan for safety</li> <li>• Recognise the need to enlist the support of others to develop a plan for safety</li> <li>• Understand and be able to meet common challenges in working with parents to facilitate safety.</li> </ul> <p>Participants of The "ASK" WorkshopTM leave better equipped to reduce the risk of suicide and enlist help for young children.</p>	<p>Those working with or caring for children and young people.</p>	<p>The ASK Workshop is a one-day (2 x 4.5 hour sessions when delivered remotely), evidence informed and highly interactive suicide prevention training.</p>	<p>Contact:  <a href="mailto:sarah.tahsildar@nhs.net">sarah.tahsildar@nhs.net</a>  or  <a href="mailto:thccg.cepn@nhs.net">thccg.cepn@nhs.net</a></p> <p>For more information: <a href="#">ASK – TOWER HAMLETS CEPN (thcepn.com)</a></p>	<p>£90pp</p> <p>Funded place: £0.00 (Limited numbers of places available for staff working in the following boroughs: Barking, City &amp; Hackney, Havering, Newham, Redbridge, Tower Hamlets &amp; Waltham Forest)</p>

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Applied Suicide Intervention Skills Training (ASIST)	<b>PAPYRUS Prevention of Young Suicide</b>	ASIST: A skills building workshop that prepares caregivers to provide suicide first aid interventions.  The key objectives for you to learn to: 1. Consider personal and societal attitudes to suicide 2. To learn the most widely used suicide prevention model in the world 3. To recognise, and act on, the signs that someone is having thoughts of suicide 4. To seek a shared understanding of the reasons for thoughts of suicide and identify reasons for living 5. To review current risk and develop a joint plan to keep someone safe from suicide, signposting for further help and community resources as needed	Anyone 16 or older (despite previous training) can learn and use the ASIST model. No previous mental health or suicide prevention experience is necessary.	2 days	How to book and see upcoming training sessions with Papyrus: <a href="#">Upcoming sessions</a>	£180pp Group Cost: £5000 (minimum 16, max 30 participants) £4500 if the organiser provides the venue.
	<b>CEPN</b>	To book: <a href="#">ASIST — TOWER HAMLETS CEPN (thcepn.com)</a>			£300pp There are a limited number of funded places for Public Sector staff based in North East London. This includes staff who work in Barking, City & Hackney, Havering, Newham, Redbridge, Tower Hamlets and Waltham Forest. You must register with your work email address.	
SafeTALK: Suicide Awareness	<b>CEPN</b>	What are the training outcomes? <ul style="list-style-type: none"> <li>Identify people thinking of suicide overcome barriers to talk about suicide</li> <li>Identify reasons we may miss, dismiss or avoid suicide</li> <li>Apply the 4 step model of suicide alertness</li> <li>(Tell, Ask, Listen and Keep-safe)</li> </ul> Connect people at risk with further help training will be delivered with further help	Everyone	3.5 hours	<a href="#">safeTALK Suicide Prevention — TOWER HAMLETS CEPN (thcepn.com)</a>	£75pp Funded place: £0.00 (Limited numbers of places available for staff working in the following boroughs: Barking, City & Hackney, Havering, Newham, Redbridge, Tower Hamlets & Waltham Forest) - DNA charge of £75 applies

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<a href="#">Talk Safe, Plan Safe</a>	<b>The Ollie Foundation</b>	<p>This online training reviews key messages from suicide intervention trainings giving you an opportunity to gain skills and knowledge to help you prevent suicide. The session will ensure you are up to date with current thinking and practice including how CBT and TOC may be used to in crisis.</p> <p>In this session you will have an opportunity to review strategies such as creating a safe plan, crisis plan and comfort box – A must for anyone supporting others.</p>	Anyone 17 or older	2.5 hours	<a href="#">Events and Trainings Calendar   The OLLIE Foundation</a>	<p>If you are attending this course to support your work as a professional the minimum donation for a place is £35</p> <p>Please note places for this talk are limited and are valued at £150</p> <p>The OLLIE Foundation can provide fully funded places to all students, parents and those facing socioeconomic disadvantage. Please email: <a href="mailto:contactus@theolliefoundation.org">contactus@theolliefoundation.org</a> for a fully funded place.</p>

## Suicide Bereavement Training (correct as of June 2023)

Training	Training Provider	Training Description	Training Audience	Training Duration	How to book	Cost
<p>Postvention Assisting Those Bereaved By Suicide (PABBS) 'ON THE GO' training</p> <p>(online training modules in suicide bereavement training)</p>	<p><b>Suicide Bereavement UK</b></p>	<p>Brief 'ON THE GO' online modules complement our face to-face training, enabling employers/individuals, through blended learning, to build a bespoke training programme in the aspects of suicide bereavement that are most relevant to their organisational or professional needs.</p> <p>Online modules in suicide bereavement training are offered at both Level 1 and Level 2</p>	<p>Level 1 – is for those with no knowledge, a basic understanding of postvention or have an interest in a specific module:</p> <ol style="list-style-type: none"> <li>1. Suicide Bereavement and Language</li> <li>2. Talking with Children and Young People When There Has Been a Suicide</li> <li>3. Introduction to Post-Traumatic Growth</li> </ol> <p>Level 2 – is more specialised (e.g. working with therapeutic tools). NB: appropriate qualifications required to attend the following module:</p> <ol style="list-style-type: none"> <li>1. Applying the 'Grief Map' Model to Support People Bereaved by Suicide</li> </ol>	<p>90 minutes (online)</p>	<p>To book: <a href="#">Online Modules - Suicide Bereavement UK</a></p>	<p>Cost of each 'ON THE GO' 90 minute online training module is £80 + VAT</p>

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PABBS: Postvention: Assisting those Bereaved by Suicide	<b>Suicide Bereavement UK</b>	The 'Postvention Assisting those Bereaved By Suicide' (PABBS) Training is now CPD Accredited and aims to increase the knowledge, skills and confidence of health and care professionals so that they can appropriately respond to and care for those bereaved or affected after a suicide.	Healthcare professionals	One day Face-to-Face	Email: <a href="mailto:paul.higham@suicidebereavementuk.com">paul.higham@suicidebereavementuk.com</a> Tel: 01706 827359  More information: <a href="#">PABBS   Postvention Support Training   Suicide Bereavement (suicidebereavementuk.com)</a>	£299 (+VAT*)  *includes lunch and refreshments
Supporting Those Bereaved Through Suicide	<b>North East London Health &amp; Care Partnership</b>	Aims of the training will be: <ul style="list-style-type: none"> <li>• For delegates to feel confident supporting those who have been bereaved through Suicide</li> <li>• To be able to use appropriate language.</li> <li>• Understand what may and may not be helpful.</li> <li>• Be familiar and confident using The Help Is at Hand book.</li> <li>• Be able to signpost to other organisations who offer specialist support if required.</li> </ul>	Anybody within public sector who wishes to develop skills	All sessions are delivered virtually. Delivery format will be a mixed of lecture format and interactivity	<a href="#">Supporting those bereaved through suicide (Virtually delivered) – NEL Suicide Prevention (nelsuicidepreventiontraining.co.uk)</a>	Check website