

Ayrshire and Arran Suicide Prevention Training Guide

'Informed Level Training'

The essential knowledge and skills required by everyone, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and other's mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing self-harm or suicide.

NES Animation Workshop 3 - Ask, Tell, Save a Life

The NES workshop explores the issue of suicide, including statistics and facts about suicide in Scotland. It helps learners understand the signs that people may be thinking about suicide, and how and when to provide immediate help and support

safeTALK

The course is designed to help participants:

- Recognise that a person might be having thoughts of suicide
- Engage that person in direct and open talk about suicide
- Move quickly to connect them with someone trained in suicide intervention
- The course lasts approximately 3 hours

'Skilled Level Training'

The knowledge and skills required by 'non-specialist' frontline staff working in health, social care and wider public and other services, who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide.

ASIST

The aim of the course is:

- To preserve life where a person may be a danger to themselves.
- Listen and talk to a person with suicidal intention without judgement.
- Provide comfort to a person with suicidal intention.
- It is an intensive 2-day interactive and practice dominated course.

