

# Self Harm & Suicide Awareness Training Workshops.

Improving, insights, risk assessments, interactions and support.



**Self Harm & Suicide Awareness.**  
**Evidence-based training from the UKs experts in mental health and behavioural psychology:**

This course is designed to help organisations, and individuals, commonly working in the social care sector (but not limited to), to better-understand the science of self harm and suicide and to better-identify and support individuals who are vulnerable to potential self harm.

It is delivered by a psychology-qualified training consultant qualified in psychiatry through the NHS. The training is dedicated to the wellbeing of all.

Suicide is one of the top three causes of death in people aged 10-44 years throughout the world. In the UK, suicide rates fell from a peak in the 1980s in men and women, but they have started to rise again in the past few years with the highest rates in men aged 30-59 years.

Self harm is defined in most healthcare settings as any act of self poisoning or self injury irrespective of motivation but generally excludes habitual behaviours such as hair pulling and the consequences of excessive consumption of alcohol or drugs.

Self harm is one of the five leading causes of hospital admission and is associated with a significantly increased risk of subsequent death, much of it by suicide. \* Inevitably, suicidal and self-injurious behaviours are associated with psychiatric illness, or at least psychological vulnerability and should be addressed within this framework.

**Improving knowledge in an area of complex psychological science:**

The science of self harm and suicide is a complex area that can challenge even the most seasoned professional.

This workshop is designed to support individuals and organisations to better-understand this complex field, improve their general ability to recognise individuals at risk and to develop appropriate interactional skills to support and signpost where possible.

The latest peer-reviewed research is blended into this training to ensure an appropriate evidence-based approach and this can be made available to all delegates.

The process of risk assessment is addressed with appropriate screening tools and participants will learn to fine-tune their ability to identify and support individuals at risk.

This is a welcoming and articulate training course that embraces life's experiences and our common vulnerabilities. Stigmatising language will be avoided in all cases.

**This training will deliver the following learning outcomes:**

- This workshop offers a stepwise approach to developing a more comprehensive working model of self injury, self harm and suicide in order to inform risk assessment processes, appropriate interactions, signposting and escalation of concerns at times of potential crisis.
- Science, statistics, terminology and risk factors for self harm and suicide;
- An improved understanding of non-suicidal self injury (NSSI) and its relationship with self harm and suicide;
- Understanding major depression, mood disorder and complex anxiety / trauma and their relationship with self harm and suicide;
- Understanding suicide and self harm risk in psychosis and schizophrenia;
- Understanding personality disorder in the spectrum of self harm and suicide and raising awareness to risk;

\* (South West Public Health Observatory. Suicide and self-harm in the South West, September 2011)



- Stress-related mental health issues will also be considered alongside the above disorders to improve awareness of psychological vulnerability and inform risk assessment processes;

- Risk assessment tools with appropriate training;

- Recognising risks and emergencies and escalating concerns / communicating appropriately with key healthcare providers and emergency services;

- Supporting individuals at risk for self injurious behaviours through validating interactions and environments;

- Increased confidence to talk about suicide in an open and sensitive manner;

- Develop and implement crisis plans to support individuals at potential risk;

- Access to a wide range of peer-reviewed articles associated with suicide science;

- Access to free post-training support.

- Understanding suicide risk. The statistics, risk factors, potential psychopathology, and potential warning signs.

This workshop start at 9.15 for a 9.30 start and usually completes at 4.15pm

**One day or two day course formats available**

All training is delivered on your premises and is available with, or without role play.

**Please telephone: 01332 362222  
or email for further details**



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