



Training delivered by Psychiatry-trained experts

Self Harm & Suicide Training.

MHT-03. Self harm and suicide training. Improving risk assessment, risk management, supportive conversations, safety planning, advocacy and general safeguarding. Delivered by psychiatry-trained professionals.

This self-harm and suicide training offers evidence-based content to improve knowledge, safety planning and safeguarding support.

The training is tailored to your learning needs and the people that you support. We've worked with a wide and varied range of organisations and clients over the years including NHS trusts / CMHT / Crisis Teams, AMHPs / CAMHS, social work and social care, residential care, social housing, sheltered housing and supported living providers, the police and emergency services, national charities, the education sector and private hospitals.

We know the challenges that these sectors independently face and how to integrate advice and training solutions that fit the needs of all. We've led from the front for over 20 years and have supported many hundreds of clients in the public and private sector.

All training is delivered by highly qualified experts in the field of psychiatry and psychology. It offers a robust a unique approach to risk assessment, risk management and safety planning that empowers knowledge, intuition, communications and safeguarding supports



This self-harm and suicide training offers a solution to many of the challenges your organisations, teams and vulnerable clients encounter.

This training is delivered by highly qualified experts in the field of psychiatry. It's 5-star training that can be tailored to your workplace and learning objectives.

**Telephone 01332 362222
info@mentalhealthtraining.co.uk**



ADVANCED TRAINING:

MHT03 - Self Harm & Suicide Training

Other courses available

- **MHT01 - Mental Health Awareness Training**
- **MHT02 - Personality Disorder Training**
- **MHT11 - Managing Conflict & Threatening Situations Training**
(Including Lone Working Safety)
- **MHT12 - Mental Disorder in Social & Sheltered Housing**
- **MHT17 - Hoarding & Self Neglect Training**
- **MHT08 - Dual Diagnosis & Substance Misuse**
- **MHT19 - Lone Working & Personal Safety Training**
- **MHT06 - Dementia & Neurocognitive Disorders**
- **MHT15 - Motivational Interviewing Training**
- **MHT20 - Understanding Capacity, The Mental Health Act & Best Interests Assessments**
- **MHT16 - Mental Health In The Workplace. A Workshop For Managers**
- **MHT21 - Managing Challenging Behaviours In Children (PACE / PBS Models)**

The UK's leading providers of mental health training & consultancy.
An authority you can trust.

We have extensive knowledge and experience in this field and support a wide range of organisations including CMHT / Crisis Teams, NHS Trusts including Emergency Departments, AMHPs, Early Intervention Services, The Police, specialist agencies, national charities, support living, social housing providers, sheltered housing, residential care providers and the education sector.

We offer unique knowledge, screening tools, safety-planning advice, signposting and advocacy support. All dedicated to the safeguarding of people that present with potential self-harm risk.

This workshop offers a stepwise approach to developing a more comprehensive working model of self-injury, self-harm and suicide. It will inform risk assessment processes, appropriate and skilful interactions, safeguarding / signposting and escalation of concerns at times of potential crisis.

Key learning objectives covered within this unique training:

- Science, statistics, terminology and risk factors for self harm and suicide
- A clearer understanding of vulnerability, risk indicators and the processes of suicide risk assessments (being alert to, and identifying enhanced risk, improving safety planning, and advocating for at-risk service users.)
- An improved understanding of non-suicidal self-injury (NSSI) and its relationship with self-harm and suicide;
- Understanding major depression, mood disorder, anxiety, complex trauma and psychosis in relation to self harm and suicide risk;
- Understanding suicide and self harm risk in non-organic psychosis and schizophrenia;

- Conversational strategies, signposting, safety planning, advocacy to safeguard vulnerable people
- Understanding attachment seeking / risk-taking behaviours associated with EUPD / Borderline Personality Disorder diagnosis – a clearer understanding of behaviour and risk
- Understanding self-harm and suicide risk in adolescents / young people
- The Mental Health Act, The role of The NHS and the AMHP (assessment, safeguarding and informal and formal inpatient care).
- Improved intuition, risk awareness assessments, confidence, signposting support and conversations that influence safety.

There is no role play and staff dignity and sensitivity is respected at all times.

Training facilitators:

This training is delivered by facilitators trained in psychiatry and specialise in general psychiatric illness and abnormal psychology, personality disorder and forensic mental health risk.

We offer a wide-ranging, multi-disciplinary knowledge and skills with high quality, integrated evidence-based training that you can trust.

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**Mental Health
Training.co.uk**



A very small selection of recent delegate evaluations.

'This trainer is amazing! Level of knowledge & the medium in which it was communicated as excellent. Great to receive training at an appropriate level. Brilliant!
Conwy County Council

This comment does not come from politeness. I'm a business trainer and have been on hundreds of courses, or many types. This is by far the best delivered, best informed, most useful and relevant course I have ever been on'

Broadlands District Council

'Best course I've been on. Great delivery, Very comprehensive information which was targeted perfectly to the audience at a level which was understandable and absolutely relevant to our roles as support / key workers. Brilliant day and cannot think of an ways in which it could have been improved'
Riverside

'Best Course I've done for years! Bloody Brilliant!'
AMHP Social Worker – Haringey Council

'The course was extremely stimulating and probably the best that I have been on with Longhurst Housing'
Longhurst Housing

'I haven't gained so much from a day's training for a long while. It's a subject in which I have a great interest . I gained much in terms of revision also new information. I haven't enjoyed learning so much for a while - excellent trainer'
AMHP Social Worker – Haringey Council

'Great course! Wealth of information relevant to my role. Interesting combination of research, evidence- based practice of psychological interventions. Training of a much better academic level than lots of training within service at times. Really enjoyed the day
AMHP Social Worker – Haringey Council

"Hands-down the best training that I have ever had at Redbridge"
London Borough of Redbridge Council

'Very interesting course, learned a lot of valuable tools for use with individuals. Excellent delivery!'
Pembrokeshire County Council Social Care Workforce

'Excellent training, thank you! Interesting and thought provoking. All really relevant'
West Yorkshire Partnership NHS Foundation Trust

'Five star! Incredibly interesting, informative, clear and concise. Well done!'

London Borough of Bexley Council

'Best training I have been on at Riverside - very clear and knowledgeable. We should do more courses like this - much better than the usual mediocre training we are subjected to. No ridiculous games designed to waste time or trainer that have little knowledge of the subject. This course was excellent'.

Riverside ECHG

'Excellent course – trainer's knowledge was exceptional - really enjoyed the course and took away some valuable information/tips to assist me with Lone Working'

Spectrum Housing

'Fantastic tutor, would hope that I would be on a course with Simon again. Best one I have been on. Great material and information. More courses like this, hands down the best course I have been on. The information and knowledge is fantastic'.

Accent Foundation Housing

'An excellent course and trainer. Really interesting and very useful information. So very much better than the previous trainer, etc for lone working. Many thanks'

Spectrum Housing

'Superb. The trainer knows his stuff, very informative and well linked to health and safety. Recommend to all staff who work alone'.

Barnet Council (H&S manager)

'Simon is a great tutor and has great knowledge. It's lovely to be able to enjoy a course from start to finish. From the science to the backgrounds of people, to the videos and situations, couldn't fault a thing'.

Walsall Housing

'I was impressed by the trainer's vast knowledge around the subject. It was invaluable the psychology behind risk and behaviours and as delivered in a way we all levels and background knowledge could understand. Thank you so much for a brilliant course'.

Waltham Forest Council

'Most beneficial training I have ever had - relevant, interesting, inspiring - wish there could be more training like this'.

Northampton Probation Services

'Awesome Session. Trainer was excellent!'
Delos Community

'Simon is the best teacher & facilitator of any workshop I have ever been on'.
Riverside ECHG

'Wish I could do more training like this. Best training I have ever done'

Guinness Housing

'Excellent course, training style was brilliant. Thought provoking and explained content in a way that made sense. Really enjoyable day
AMHP Social Worker – Havering Council

'Great course, would do it again, very, very good course'
Serco

'Very Good course, very good facilitator'
Barnet Council

'Brilliant! Recommend it to anyone!'
St Mungos

'Course was fantastic! Trainer as fantastic!'
Barnet Council

'Similar, I assume, to being machine-gunned. Most enjoyable and informative course I have ever attended!'
Pembrokeshire County Council Social Care Workforce

'It was excellent. A training course that I got a lot from and one that I will remember for a long time!'
Erewash Council

'Excellent. Best course I've been on!'
Barnet Council

'Thank you. A most stimulating and thorough experience for learning and consolidation. Very enjoyable course!'
West Yorkshire Partnership NHS Foundation Trust

'Really good course, informative, relevant to work, really well presented, knowledge of trainer was excellent.
AMHP Social Worker – Havering Council

'This training is possibility the best I have ever been on. I found it all relevant to my role and I now feel more confident in spotting behaviour that could turn nasty and how to take measures to prevent it or to deal with it if the worst came to the worst! Very valuable information to have in my job!. The trainer was extremely knowledgeable and excellent in his training methods'.
Ascis Housing