

Course Title: Suicide & Self Harm		Duration: Full or Half day	
Broad Aims: To give the learner a better understanding of how to deal with a self-harm or suicide crisis in differing environments.			
Overview		Reference to QCF	
<p>This course is designed to provide learners with an introduction to suicide and self-harm. It will give the learner knowledge and skills to understand reasons why people may engage in such thoughts and/or behaviours, recognise signs, offer early intervention and management skills to an individual exhibiting suicide and/or self-harm thoughts and behaviours.</p>			
Learning Outcomes: By the end of the day, learners will be able to:			
<ul style="list-style-type: none"> • Define the terms Self Harm and Suicide • Discuss the reasons for Self Harm and Suicide • List the demographics of Suicide and Self Harm in the UK • Discuss the risk assessment process for intervention • Cite some of the common reactions and stigmas towards people who Self Harm and/or attempt Suicide • List recognised strategies to assist someone in crisis • Cite some common myths and misconceptions • Discuss the terms ASIST and Mental Health First aid • Cite where professional help can be sought in a crisis • Recognise individual limitations 			