



Education and training programmes

An orange rectangular band containing white line art of a diverse crowd of people walking in various directions.

Suicide prevention

A purple rectangular band containing white line art of the profiles of several people, some facing left and some facing right.

Self-harm prevention

A red rectangular band containing white line art of a crowd of people, with some individuals holding hands, suggesting a supportive community.

Suicide bereavement

From the HSE National Office for Suicide Prevention (NOSP)



Contents



1. **Let's Talk About Suicide**

2. **safeTALK**

3. **ASIST (Applied Suicide Intervention Skills Training)**

4. **Understanding Self-harm**

5. **Suicide Bereavement**



Let's Talk About Suicide



Availability: **Online.** / Duration: **60 minutes.**

Let's Talk About Suicide is a free online suicide prevention training programme that helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.

This introductory programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace.

Who is this training for?

Let's Talk About Suicide is an introductory programme that is suitable for anyone over the age of 18 who wants to learn basic suicide prevention skills.

It is an educational programme designed to be helpful and supportive. However, it contains content about suicide, which may be upsetting for some people. Anyone who has been recently bereaved by suicide should consider is this the best time to engage with this type of content. It is recommended that anyone

recently bereaved wait 12 months before engaging in this type of suicide prevention training.

Participants do not need to complete any training before Let's Talk About Suicide – in fact, it is a helpful introduction to the topic for anyone considering attending more comprehensive training programmes in the future. These might include more advanced face-to-face programmes (such as safeTALK or ASIST) available from the HSE.

What will I learn from this training?

The purpose of Let's Talk About Suicide is to provide participants with the knowledge and confidence to have a conversation with another person who may be thinking about suicide. The programme will also provide participants with a sense of hope and reassurance that suicide prevention is possible.

The programme is intended to help participants:

- Recognise the signs that someone may be thinking about suicide.
- Confidently engage with a person and speak openly about suicide.
- Let the person know what organisations, people can help.
- Practice self-care after having a conversation with a person having thoughts of suicide.



Availability: **In-person.** / Duration: **One half day.**

A half-day suicide prevention programme, this training is FREE to attend and funded by the HSE National Office for Suicide Prevention. safeTALK is an internationally recognised half-day training programme, learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resource.

Who is this training for?

Suitable for anyone over the age of 18, including first responders, community workers, clergy, volunteers, teachers and people responding to family and friends. This training is suitable for everyone who wants to help prevent suicide and is prepared to become suicide alert.

What will I learn at this training?

You can expect to feel challenged, empowered and hopeful. safeTALK helps participants to identify people who are at risk, confidently ask them about the topic of suicide and connect them with resources that can help them stay safe.

Your safeTALK trainer will support you to:

- Understand the importance of suicide alertness and help you to identify people who have thoughts of suicide.

- Learn clear and practical information on what to do if you need to support someone who is at risk of suicide.
- Learn and practice the TALK (Tell, Ask, Listen, and Keep safe) steps to connect a person with suicidal thoughts to suicide first aid help and further community resources.
- Have increased knowledge of resources in your local community.

You can expect to leave safeTALK with practical knowledge of how to identify someone at risk and link them to life-saving resource.

safeTALK suicide alert helpers are trained to:

- Move beyond common tendencies to miss, dismiss or avoid signs of suicide risk.
- Identify people who have thoughts of suicide.
- Apply the TALK (Tell, Ask, Listen and Keep safe) steps to connect a person with suicidal thoughts to people and agencies that can help.



Availability: **In-person.**

Duration: **Two full consecutive days. Attendance at the full two days is mandatory.**

A two-day skills building workshop in suicide first aid, this training is FREE to attend and funded by the HSE National Office for Suicide Prevention. ASIST stands for Applied Suicide Intervention Skills Training and trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. It helps them seek a shared understanding of the reasons for suicide and reasons for living. Suicide first aid helps meet some of the challenges in reducing suicidal behaviour.

Who is this training for?

This training is suitable for caregivers who regularly have contact with vulnerable groups in their work or role in the community.

What will I learn at this training?

Most people thinking about suicide signal and share their pain – they offer us opportunities to respond.

Suicide intervention training can help all of us see, hear and respond to these invitations.

Participants also consider how personal attitudes and experiences might affect their helping role with a person at risk. Participants will feel

challenged and safe, work interactively with others in small groups, learn a suicide first aid model that provides a framework for skills practice and experience powerful audio visuals.

ASIST helps people apply suicide first aid in lots of different settings – with family, friends, co-workers and in more formal helping relationships. Benefits can be found in everyday situations, professional work or volunteering. Attendees will become better prepared to:

- Recognise invitations for help.
- Reach out and offer support.
- Review the risk of suicide.
- Work with persons at risk to develop a safe plan.
- Link with community resources. People remember and use what they learned at ASIST.



Availability: **In-person.** / Duration: **One full day. Non-clinical.**

A one-day training programme which helps to develop a participants knowledge and understanding of self-harm and the reasons underlying such behaviour. The training aims to reduce the stigma of self-harm, improve individuals and care agencies' awareness and sensitivities to self-harm issues, and promote effective care services for those who self-harm.

reasons behind the behaviour, and the functions of self-harm are discussed. Positive approaches to engaging with and caring for someone who self-harms are presented. Active participation is encouraged. The training also includes audio-visuals and group work.

Who is this training for?

The training is suitable for those who seek to understand more about self-harm and the reasons underlying self-harm behaviours, such as youth workers, teachers, residential care staff, Gardaí, people in caring professions, parents, concerned members of the public, people who work in alcohol and addiction services, those who work with homeless people and people who work with those recovering from mental illness.

What will I learn at this training?

At the training, participants consider how personal attitudes and experiences might affect their helping role with a person who self-harms. The training aims to clarify what self-harm is, what leads people to engage in the behaviour and considers its relationship with suicide. The causes,



Availability: **In-person and online.** / Duration: **One full day.**

The workshop is available for delivery both face to face and online. Face to Face workshop – participants attend a full day’s training 10.00am – 4.30pm.

Online, participants complete a self-directed one hour e-module before attending a 4 hour online facilitated workshop.

This workshop explores the unique needs of suicide bereavement, so that participants become more equipped to provide support in the safest and most effective ways possible.

Who is this training for?

The workshop is about bereavement and grieving particularly in the context of suicide and is for people who in the course of their work come in contact with those who are bereaved by suicide. This will include but is not limited to:

- Teachers
- Healthcare professionals
- An Garda Síochána
- Community Leaders

What will I learn at this training?

The workshop has been designed to be participative and experiential.

At the end of the workshop participants can expect to:

- Understand the grieving process, the context of suicide and the risk factors associated with suicide.
- Have developed their understanding of the key elements of supporting someone bereaved by suicide.
- Be able to apply the learning from this workshop to their own practice and support people bereaved by suicide.

The key to understanding someone’s grief is understanding the significance in their life of the person who has died. Participants will:

- Develop a knowledge and understanding of the grieving process.
- Enhance their skills in supporting people bereaved by suicide.

Course access



To access any of the courses listed here:

Visit **www.hse.ie/eng/services/list/4/mental-health-services/connecting-for-life/training/upcoming-training/** to find upcoming programmes in your area, and to register.

About us



The HSE National Office for Suicide Prevention (NOSP) acknowledges people with lived experience of mental health difficulties, suicide and self-harm, and the experiences of people who have been bereaved by suicide, carers, families or supporters. We are always mindful that suicide prevention work is underpinned by these real experiences, and remember real lives that have been lived, and that have been lost.

The HSE National Office for Suicide Prevention (NOSP) was established to strategically lead on suicide prevention across the HSE and in collaboration with multiple sectors. The work of the office has been underpinned by Connecting for Life, Ireland's National Strategy to Reduce Suicide. This strategy has shaped the core functions of the NOSP, which are;

Of the 69 actions in Connecting for Life, the NOSP is: the lead agency assigned to deliver on 16 actions; the joint lead on two actions and; a supporting partner for 21 further actions.

The NOSP has a pivotal role in driving the overall implementation of Connecting for Life. The strategy mandates the NOSP to support, inform, coordinate and monitor the implementation of Connecting for Life across the HSE, government departments, statutory agencies and nongovernmental organisations (NGOs).

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