

Online Suicide Awareness and Response Training for Primary Care

26th November 2020 12.30—16.00

We are offering Primary Care Modules for GP practices, delivered by 4 Mental Health's Connecting with People. Training programmes are designed to offer a whole organisational approach to improve the response shown to people in distress. Programmes reflect the latest evidence-based principles and best practice. The training is suitable for GPs and all members of Primary Health Care Team.

Delivery Time: 2 x 1.5 hours sections

Section 1: Suicide Awareness for Primary Care - **Suitable for all primary care practice staff**

- Promotes a role for ALL in suicide prevention
- Suitable for professionals and community members
- Develops understanding & compassion
- Introduces concept that suicide is not inevitable – ambivalence and interruption
- Develops common language between community, services and those in distress
- Develops a compassionate approach for demanding and time-pressured environments
- Equips delegates to use the resources provided to signpost to appropriate support
- Equips the delegate with the knowledge of how make their own Safety Plan

Section 2: Suicide Response for Primary Care - Provides primary care **clinicians** with training on how to use SAFETool™

- Safe assessment, triage, immediate safe response suitable for a busy GP with a time pressured clinical environment
- Underpinned by evidence-based principles, academic literature and lived experience
- Uses scenarios tailored to primary care
- Equips usage of SAFETool™
- Delegates develop skills and confidence instilling hope and co-producing Safety Plans

Delegates **MUST** attend the Suicide Awareness section (session one) if they wish to attend the Suicide Response section (session 2).

Please email suicidepreventiontraining@suffolk.gov.uk to secure a place