

Most of us have been affected by suicide. It is a global community health problem. But greater awareness and talking about suicide increases safety. Any one of us can learn to support someone thinking about suicide, and connect them to the safety they need to stay alive.

If someone you know was thinking about suicide, would you know how to help?



SFA Lite
Suicide First Aid



Learn to help protect your community from suicide.

SFA: SuicideFirstAid *Lite* is a half-day (3.5 hour) interactive course where anyone can learn the skills needed to be more alert to suicide and to help someone thinking of suicide to consider their options and stay safe.

Underpinned by evidence-based research and designed for occupational and community groups who want to make a difference, **SFA: SuicideFirstAid** *Lite* will develop your confidence so you feel able to identify and support someone who is struggling in their life through a meaningful conversation, and by strengthening connections within their community.

What is involved?

- No prior training necessary
- Interactive flexible adult learning
- Adapted for your group's needs
- Passionate accredited trainers, all with experience of personally conducting suicide interventions

What will I learn?

- What is suicide? The causes of suicide thoughts and behaviour
- How to help prevent suicide - a Suicide-Safety Guide - having a conversation that can save a life
- Pathways to safety - connecting someone to resources

Why choose SFA?

- Evidence-based learning
- Short-course for easy access to learning
- First step in suicide prevention education
- Reduces team anxiety and builds team confidence with working with suicide
- Perfect learning solution for larger workforce / community groups
- Developed and exclusively provided by the UK's most experienced suicide prevention education organisation