

## Target Audience

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Care and Support staff in a variety of settings and Housing Support Teams who are providing direct care and support. This course is suitable for any learners who may not provide direct care or support but through their own work activity may experience coming into contact with people who may self-harm, feel suicidal or commit suicide.

The Course is designed to raise awareness of self-harm and how those around them can offer support.

Attending this course will provide learners with a clear understanding of the dysfunctional cycles that lead to self-harm and the psychological and bio-medical elements that impact on it.

**This course is delivered using a range of methods and resources including:**

- ◆ Live tutor facilitation, interactive polls, questionnaires and drawing tools, scenarios for breakout groups, questioning and participation and an end of session assessment.

**This course has been developed and mapped to current occupational standards, qualification frameworks and the following documents and resources:**

- ◆ The Care Act 2014
- ◆ Children (Leaving Care) Act 2000 Children Act 2004
- ◆ Making Safeguarding Personal

## Course Content

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- ◆ What is self-harm and suicide?
- ◆ What makes a person vulnerable to suicide?
- ◆ Signs of suicide
- ◆ Eating Disorders
- ◆ Protective factors
- ◆ Offering support

## Learning Outcomes

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**After attending this course, learners will be able to:**

- ◆ Define both self-harm and suicide
- ◆ List the warning signs of self-harm and suicide
- ◆ Explain how a risk factor can make someone more vulnerable to suicidal behaviours and explain how social and contextual factors impact this
- ◆ Describe how self-harm is linked to eating disorders and explain why they are linked
- ◆ Explain what protective factors are
- ◆ List coping strategies that you could suggest to a person who wanted to complete a suicidal behaviour
- ◆ Explain how to talk about suicide

**Duration: 3 Hours**