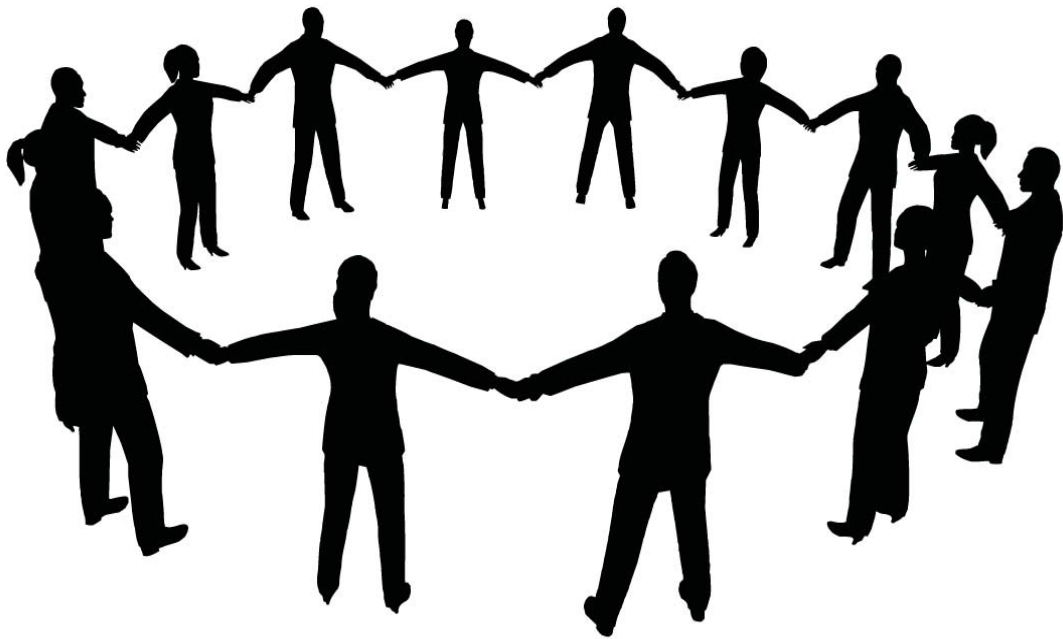


# Directory of Suicide Prevention Training

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2020

By ASPiIN

## Introduction

For financial advisers, networks and brokers involved in selling insurance products, it may not be immediately obvious that knowledge of suicide prevention awareness and training could be worth adding to an already extensive skillset. But we know from claims experience that people sometimes do take their own lives and that they may have engaged in planning with the idea that insurance proceeds will help their families out of debt. That planning can involve phoning or writing to an adviser for advice on what might happen in the event of suicide. We hope you never come across this situation, but if you do, being prepared and having the confidence to deal with the situation as professionally as possible may save a life.

What follows is a list of UK organisations that provide training and resources, much of it free and readily accessible. This is a starting point for what's most applicable to your business and whether you are an individual or a large organisation, we hope you find the right fit for your needs in the sections below.

## Free, online programmes

The Zero Suicide Alliance is a collaborative of National Health Service trusts, businesses and individuals who are all committed to suicide prevention in the UK and beyond. The alliance is ultimately concerned with improving support for people contemplating suicide by raising awareness of and promoting FREE suicide prevention training that is accessible to all. The aims of this training are to:

- enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support.



Links: <https://www.zerosuicidealliance.com>  
<https://www.zerosuicidealliance.com/training>

Business in the Community is the oldest and largest business-led membership organisation dedicated to responsible business, founded by Prince Charles 40 years ago.

They have partnered with Public Health England to produce an online interconnected suite of toolkits to help every organisation support the mental and physical health and wellbeing of its employees.

These materials are freely available and relevant to all employers, irrespective of your size, sector or familiarity with the subject. They are designed to help employers take positive actions to build a culture that champions good mental and physical health and provide a greater understanding of how to help those who need more support. For larger organisations, the toolkits are also useful resources to share with businesses in your supply chain and across your network.



Links: <https://wellbeing.bitc.org.uk>

<https://www.gov.uk/government/organisations/public-health-england>

<https://wellbeing.bitc.org.uk/all-resources/toolkits/suicide-prevention-toolkit>

## Training in the workplace

The Samaritans are possibly the best-known suicide prevention organisation and offer training, advice and services to business and individuals nationwide. They have several standard programmes but can also discuss bespoke training as needed.



## The standard courses

These run from 10am – 4pm on a single day and can accommodate up to 20 people.  
Typical courses are:

**Conversations with vulnerable people** - This course will benefit anyone whose role brings them into contact with vulnerable customers or colleagues.

**Managing suicidal conversations** - Anyone whose role may bring them into direct contact with people who have suicidal feelings should attend this course.

**Building resilience and wellbeing** - This course is aimed at organisations that are committed to promoting emotional health and resilience in the workplace.

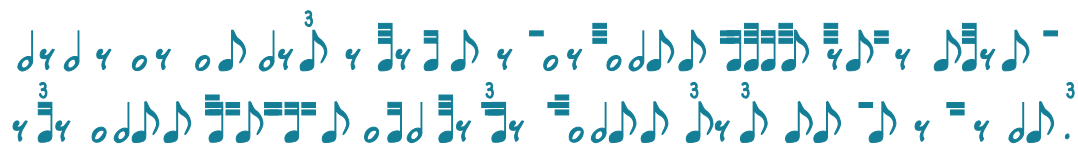
**Managing vulnerable situations** - This course is aimed at front-line support staff e.g. security guards and customer service personnel who support vulnerable people within a retail setting.

**Open courses** - Whether you're an individual or an employer who requires training for a small number of people, we have a choice of dates throughout the year.

Links: <https://www.samaritans.org>

<https://www.samaritans.org/how-we-can-help/workplace/workplace-staff-training/>

Storm Skills Training are a not-for-profit social business committed to enhancing knowledge and skills in suicide prevention and self-harm mitigation.



Links: <https://www.stormskillstraining.com>

## Additional National Resources

Time to Change is a UK campaign to end discrimination and promote understanding of mental health. Employers can sign up to support the campaign and to access training resources.



**let's end mental health discrimination**

Links: <https://www.time-to-change.org.uk>

Many local and national organisations are accredited to deliver the ASIST model of training. This was developed by LivingWorks and stands for Applied Suicide Intervention Skills Training. Use the Find a Training link below to locate accredited providers.



Links: <https://www.livingworks.net/asist/>

<https://legacy.livingworks.net/training-and-trainers/find-a-training-workshop/>

Suicide First Aid teaches the theory and practice of suicide intervention skills that can be applied in any professional or personal setting, captured in a one-day event accredited by City and Guilds of London. We use only the most experienced suicide prevention trainers to deliver this unique learning experience: for anyone who seeks greater understanding and confidence to intervene with people at risk of suicide.



Links: <https://www.suicidefirstaid.uk>

<https://www.suicidefirstaid.uk/training-programmes/sfa-suicide-first-aid-through-understanding-suicide-intervention/>

Mental Health First Aid deliver a variety of training on a range of mental health issues. These programmes are run by different organisations depending on where you are based.



Links: England - <https://mhfaengland.org>

Northern Ireland - <https://www.aware-ni.org/wellbeing-programmes/mental-health-first-aid>

Scotland - <http://www.smhfa.com/index.aspx> (ScottishMHFA)

Wales - <https://www.traininginmind.co.uk> (this organisation holds the licence for MHFA delivery in Wales)

**NSPA** is an alliance of public, private, voluntary and community organisations in England who care about suicide prevention and are willing to take action to reduce suicide and support those affected by suicide. They offer a variety of resources, toolkits and guides via the links below.



Links: <https://www.nspa.org.uk>

<https://www.nspa.org.uk/resources/>

Give Us A Shout is a text-based intervention service for people in crisis. It offers an alternative way to communicate for those intimidated by making a phone call at a time of need.



**Text Shout to 85258**

Link: <https://www.giveusashout.org/get-help/>

## Regional specialists

Every region has a plethora of specialist organisations that are implementing the national strategies and resources outlined earlier. They can be found via internet searches using search terms such as the location you are looking for together with 'suicide prevention', 'suicide awareness', etc. A couple of examples are including below by way of illustration.

**Grassroots** (South East) provides training to help you promote mental health awareness, suicide alertness, and positive wellbeing. Our training will help you provide practical support within your group, organisation, or community. Some of our training even saves lives.

Clients include both large and small organisations across South East England as well as individuals in Brighton & Hove and the surrounding areas.



Links:

[https://www.preventsuicide.org.uk/suicide\\_prevention\\_mental\\_health\\_training\\_courses.html](https://www.preventsuicide.org.uk/suicide_prevention_mental_health_training_courses.html)

**Healthier Lancashire and South Cumbria** have commissioned **Lancashire MIND** to deliver a range of training to help professionals and community members across Lancashire and South Cumbria grow in confidence and skills around talking about suicide and helping to prevent it. The training ranges from an initial Suicide Awareness Seminar, intermediate training and Advanced Suicide Prevention Training. The training is offered free of charge to the public and voluntary sector but is chargeable to the private sector.



Links: Healthier Lancashire and South Cumbria: <https://www.healthierlsc.co.uk/suicide-prevention/employers>

<http://www.lancashiremind.org.uk>. To book your training, please contact [admin@lancashiremind.org.uk](mailto:admin@lancashiremind.org.uk).

## About ASPiIN:

Action for Suicide Prevention in Insurance is a voluntary industry group that has been set up to identify opportunities within our industry to contribute to preventing suicide, to support those affected by the impact of suicide and to act as a hub for sharing knowledge and engaging with groups within society who share our aims. The members of the working group come from a variety of operational roles including underwriting and claims. All have professional experience of the devastating impact of suicide and, supported by their companies, want to give their time to doing something about it.

*The people involved are: Jen Oakey, David Banks, Catherine Lyons, Danielle Archer, Fraser Ballantine, Helen Morris, Simon Corley, Vicki Livingstone and Karin Lloyd.*