

Recognising and Responding to Suicide Risk **Workshop**



Workplaces have an opportunity to play an important role in raising awareness and providing early intervention and support to those at risk of suicide. Educating all staff on warning signs of suicide intent and increasing confidence to have a conversation and provide support, can make a life-saving difference to someone at risk.

Overview

SuperFriend's workshop, Recognising and Responding to Suicide Risk is an introductory session designed in accordance with evidence based approaches to improve awareness of suicide risk factors, what to look out for, and what steps to take if suicide is mentioned.

The workshop provides participants with an understanding of suicide risk factors and the referral pathways when risk is identified.

After completing this workshop, learners will have an increased awareness of the identifiable signs, the available support for people at risk, the escalation process to follow and the importance of self-care.

This workshop deals with topics related to mental health and people in crisis, some of the content may be confronting or distressing. Particularly for people who have experienced self-harm, suicidal behaviour, or mental illness, or who have supported others through similar experiences.

What will the workshop cover?

- Suicide risk factors
- What to look out for
- Escalation paths
- Where to go for support.

Why participate?

- Mental health training leads to improved outcomes for individuals and businesses
- Flexible and accessible delivery, complete when convenient
- Course Completion Certificate.

Who should participate?

This course is suitable for all staff and would be beneficial to people leaders, contact centre workers and claims managers.

Prerequisites

Workplace Mental Health Essentials for All Staff course.

Workshop details



Facilitated workshop: Up to 20 people (60 mins)



Resources: Access to additional supporting resources – tools, tip sheets, videos, articles.

Course Outline

Facilitated workshop • 60 mins



This facilitated workshop explores a range of tools and strategies to help participants respond to suicide risk. The 60 minute workshop will provide opportunities to practice and embed knowledge related to suicide risk factors, what to look out for, and what steps to take if suicide is mentioned.

Additional resources



- Ongoing access to resource library to support learning
- Downloadable tools, tip sheets, videos, articles
- Certificate of Completion



Online modules and all additional resources are accessed via SuperFriend's online learning platform, MySuperFriend.

