



# Suicide Prevention Training Programmes



Connecting for Life

Most people are surprised to learn that they are much more likely to encounter someone who is thinking about suicide than someone who needs CPR. Yet suicide is preventable: with the right skills, anyone can help save a life. The office for the HSE Resource Officer for Suicide Prevention co-ordinates the delivery of a number of suicide prevention training programmes. The aim for these training programmes is to enhance awareness of and develop skills to respond to suicide and self-harm behaviour.

Ultimately, everyone can make a difference to suicide prevention. The more people in the community who have suicide intervention training, the more likely it is that they will be able to identify someone at risk and intervene to help keep them safe.



## LIVINGWORKS Start

**Living Works START Training** In as little as 90 minute, this online interactive training programme will give you the skills and knowledge to keep others safe from suicide. This programme is suitable for anyone over the age of 18 who wants to help prevent suicide and is prepared to become more suicide alert.



## LIVINGWORKS safeTALK

**SafeTALK** is a half-day face to face alertness training that prepares anyone over the age of 18 yrs, regardless of prior experience or training, to become a suicide-alert helper. Following the training, participants will be alert to suicidal ideation and have a clear understanding of what steps they need to take in order to help persons with thoughts of suicide.



## LIVINGWORKS ASIST

**ASIST (Applied Suicide Intervention Skills Training)** This is an intense two-day interactive workshop in suicide first-aid. The ASIST model teaches participants how to recognise risk and learn how to intervene to prevent the immediate risk of suicide. Anyone over the age of 18 years regardless of prior experience or training can become an ASIST-trained caregiver.

For more information and to access the booking form for these training programmes, go to the following website;  
[www.nosp.ie/training](http://www.nosp.ie/training)

## Other HSE training on offer to improve your mental health and wellbeing



**stresscontrol**

Face your fears; be more active; boost your wellbeing

**Stress Control** is a six session online class that combines cognitive behavioural therapy, positive psychology and wellbeing to help you tackle the common mental health problems: anxiety, depression, panic, poor sleep, poor wellbeing, low self-confidence and low self-esteem. Go to [www.stresscontrol.ie](http://www.stresscontrol.ie) for more information and to complete the course.



**Minding Your Wellbeing Programme** is a free online mental health and wellbeing programme. This evidenced based programme, focuses on the promotion of mental wellbeing consisting of 5 video sessions (20 minutes) which can be accessed by clicking on the link below and following the sequence of videos. <https://www2.hse.ie/healthy-you/minding-your-wellbeing-programme.html>

[yourmentalhealth.ie](http://yourmentalhealth.ie)

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