STOP suicide

Save a life. Choose to live.

Be part of the campaign to make Cambridgeshire and Peterborough a suicide-safer community

FREE TRAINING

for compassionate people living in and around Wisbech*

This two-day workshop is an internationally recognised programme that will make you more ready, willing and able to help someone at risk of suicide

When?

12 and 13 November 2014
(9am-5:30pm both days)

Where?

Rosmini Centre Wisbech
69A Queens Road
Wisbech
Cambridgeshire, PE13 2PH

To book

Contact Jamie Hall or Aly Anderson
t. 01223 311320
e. training@mindincambs.org.uk

www.stopsuicidepledge.org

*This FREE training is fully funded for voluntary/community sector workers or volunteers and other non mental health professionals. Spaces are limited to 20. A maximum of 2 places are available per organisation. This course is part of a range of training being offered across the area. More details will be available on the campaign website shortly.

Funded by:

NHS
East of England Strategic Clinical Networks

Delivered by:

mind in Cambridgeshire for better mental health

Lifecraft

mind for better mental health Peterborough and Fenland

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About the STOP Suicide campaign

STOP Suicide is a suicide prevention campaign that seeks to empower communities and individuals across Cambridgeshire and Peterborough to stop suicides from happening by recognising the warning signs, asking the right questions and helping those who are feeling suicidal to stay safe.

Suicide is everybody's business – please work with us to make Cambridgeshire and Peterborough a suicide-safer community. This campaign is being led by Mind in Cambridgeshire, Peterborough & Fenland Mind and Lifecraft, supported by local NHS and Public Health teams.

SUICIDE ASIST
Applied Suicide Intervention Skills Training

About ASIST

ASIST is a comprehensive two day course which enables you become more willing, ready, willing and able to help persons at risk of suicide. Developed by LivingWorks in Canada and delivered world-wide, it is an interactive and practical course proven to help caregivers learn how to identify risk and intervene to prevent the immediate risk of suicide. Approved by the World Health Organisation (WHO), ASIST is a standardised, certified programme teaching a robust model of suicide intervention with six easy-to-remember steps. More than one million people worldwide have been trained in ASIST.

Who is it for?

ASIST is suitable for everyone including community members, mental health professionals, nurses, managers, teachers, counsellors, youth workers, emergency service personnel, prison officers, armed forces and faith leaders. No previous mental health or suicide prevention experience is necessary.

What are the training outcomes?

As an ASIST-trained first aid intervention caregiver, you will be better able to:

- Identify people having thoughts of suicide.
- Reach an understanding of the reasons for a person's suicidal thoughts and their reasons for wanting to live.
- Review immediate risk and develop a plan to increase safety.
- Follow up on all safety commitments, accessing further help as needed.

What are the teaching methods?

The course is extremely engaging and combines a variety of teaching methods, including:

- Surveys
- Discussion
- Workbooks
- Group work
- Role plays
- Takeaway resources