

Suicide First Aid - Understanding suicide Intervention

VS

ASIST (Applied Suicide Intervention Skills Training

1 Day

DURATION

2 Days

£20

COST

£30

Digital or In-person

DELIVERY

In-person only

City and Guilds

ACCREDITATION

Not independantly
accredited but globally
recognised

SFA Certificate
Learners can also submit
an additional piece of
work to recieve a City and
Guilds certificate for an
extra fee

CERTIFICATION

Livingworks
Certificate

Trauma Informed keeping
potential triggers to a
minimum. Suicide is a
difficult subject to talk
about generally but this
course is delivered in a way
that has very little focus on
the means or methods of
suicide in order to be less
potentially triggering for
people with lived
experience.

**DELIVERY
STYLE**

Hard hitting, realistic role
play and videos potentially
triggering. This course
takes a more direct
approach than SFA in that it
invites delegates to share
their own experiences of
suicide and uses some very
specific examples as case
studies. There is no gory
detail and it is always
discussed in an appropriate
and caring/supportive
environment but is
potentially more difficult
for people with lived
experience.

The course gives a good
background knowledge and
understanding of suicide
risk factors and provide a
tool for use in a crisis
situation. Learners are
given an opportunity to
practise using the skills
briefly towards the end of
the day.

**OVERALL
SUMMARY**

The course gives an in
depth understanding of
suicide risk factors and
provides a tool for use in a
crisis situation. Leaners
have multiple
opportunities to practise
the skills learned in role
play exercises.

Ideal as a next step from
MHFA for people who
would like more
knowledge in case they
come into contact with
someone in crisis

**POTENTIAL
AUDIENCE**

Possibly more suited to
people who have a higher
likelihood of coming into
contact with someone in
crisis

