



INTERVENTION



Suicide First Aid

1 day Suicide First Aid Skills Training For Everyone (16 yr +)

Understand why life-supporting conversations are important.

Learn how to use life-supporting conversations to keep people safe.

SUICIDE FIRST AID

SFA is a one-day interactive workshop in suicide first-aid. SFA offer an opportunity to understand how suicidal thoughts and actions come about. It also gives a suicide safety guide on how to recognise when someone is at risk, how to respond and how to keep them safe from suicide. Participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.

Focus: Suicide First Aid Intervention

Duration: 1 Day (8 hours)

Participants: Anyone 15 years or older

Facilitators: A-OK.NZ Trainers

Developers: National Centre for Suicide Prevention Training

DESIGNED FOR ANYONE

This course is suitable for anyone (regardless of prior training or experience) and is tailored to meet your groups specific requirements.

OPEN SAFE CONVERSATIONS HELP

Most people thinking of suicide never get an opportunity to have an open conversation, and often make the biggest decision of their life without first talking through what their intentions are.

1 DAY TRAINING

Give just one day of your time to attend our SFA: Suicide First Aidworkshop, and learn a step-by-step guide to help someone who is having suicidal thoughts to consider their options and stay safe.

WHAT WILL I LEARN?

- The value of personal and professional experience
- What prevents people seeking help
- What prevents us from offering help
- Understanding suicidal thoughts and actions
- The signs of suicide
- The Suicide-Safety Guide
- Partnership working
- Debriefing and self-care

WHY THIS COURSE?

- Evidenced-based and independently evaluated
- Flexibility, sensitivity and safety considered a learning priority throughout
- Includes latest research and news
- Interactive and practical adult learning: facilitated discussions, case studies, short films, and time to practice
- Passionate qualified trainers with hands-on suicide intervention experience
- Offer annual refreshers / online support

SUICIDE SPECTRUM

In the suicide first aid training, you will be learn how suicidal thoughts and behaviours can occur. An interactive learning opportunity to explore what supports the person with thoughts of suicide needs to keep them safe.

safeTALK	CHECKMATE	Suicide First Aid	ASIST	suicide to Hope	HOPE HEROES
ALERTNESS	AWARENESS	INTERVENTION	INTERVENTION	RECOVERY	HELP-SEEKING