

CHOOSE LIFE COURSES

SafeTALK is designed to be delivered to groups of 15 – 30 participants and is delivered lecture style with a small amount of participation from the group. It is designed to give the participants skills they need to talk about suicide; ask the question of someone they know or are acquainted/working with 'are you thinking of suicide?'; listen to the person concerned and to keep them safe by passing them on to an appropriate person trained in suicide intervention. That was the TALK acronym. The 'SAFE' part also has one, suicide awareness for everyone. In an ideal community everyone would be trained in safeTALK with some people being trained in suicide intervention (that's the ASIST course). SafeTALK is low level awareness raising and as such it can be delivered in 2 – 3 hours. Courses may be run for entire organisations or you can send individuals to public courses. More details can be found at <http://www.chooselife.net/Training/safetalk.aspx>.

ASIST or Applied Suicide Intervention Skills Training is the chosen suicide intervention training course of the Scottish Government. It is a proven model designed in Canada and has proved to be very effective. This is a two day intensive in depth course designed to give the participants the skills to intervene in any suicide situation. They will learn to connect to the person, listen out for ambivalence and finally assist the person to kee safe. Attendance at both days, which are consecutive, is compulsory for the certificate but also healthy given the subject. It is designed to be delivered to groups of 12 – 20 participants but might not be something for entire organisations given the potential resource cost. This course can not be run in any other format than the two day consecutive one. The courses are generally run as public courses but can be run for organisations provided the minimum number of delegates can be guaranteed. However, given the nature of the subject and what can be discussed during the course it is not recommended for anyone who has recently experienced loss by suicide or has attempted suicide. Also if managers and staff are present on the same course it may inhibit participation as either person may be wary of stigmatisation. More information is available at <http://www.chooselife.net/Training/asist.aspx>.

Mental Health First Aid is basically a First Aid course for Mental Health, in the way that a normal First Aid course is for physical health. This is a 12 hour course which can be run in blocks of 2 - 6 hours daily/weekly/monthly (although we have mostly run them as 2 x 6 hour days one week apart) to groups of 15 – 20 participants. At the end of this course the delegates should be able to spot common mental health symptoms in others (and themselves), what to do until professional help is available, know about the recovery from mental ill health, know about the links between alcohol and drug abuse and mental health and to understand the importance of good listening skills. Although most courses are mixed we can run one for specific organisations providing they can guarantee the minimum number of participants. More information is available on the SMHFA website <http://www.smhfa.com/index.aspx>.