

Self Harm and Suicide prevention training in Lancashire and South Cumbria

Self Harm and Suicide prevention training in Lancashire and South Cumbria (at time of publication updated: 25/06/2024)

Provider	Course name	Local/National	Delivery type	Duration	Cost	Awarding Body	School community 'group'	Links and further details
BwD Adult Learning	312 – Adult Mental Health First Aid	For residents of Blackburn with Darwen	Face to Face	1/2 day	Free to those living, working or in education in BwD	MHFA England-accr		312 - Adult Mental Health First Aid - Blackburn with Darwen Adult Learning
	309 – Mental Health First Aid Refresher	For residents of Blackburn with Darwen	Face to Face	5 hrs	Free to those living, working or in education in BwD	MHFA England-accr		309 - Mental Health First Aid Refresher - Blackburn with Darwen Adult Learning
Lancashire Mind	005 – Youth Mental Health First Aid	For residents of Blackburn with Darwen	Face to Face	8 hrs	Free to those living, working or in education in BwD	MHFA England-accr		005 - Youth Mental Health First Aid - Blackburn with Darwen Adult Learning
	You And Your Young Person (Parent Workshop)	For parents in Lancashire	Online & F2F	2.5hrs	Funded		3	https://www.lancashiremind.org.uk/parent-parent-mental-health-workshop/
	Self Harm Seminar	For professionals in Lancashire	Online & F2F	1hr	Costed		1 & 2	https://www.lancashiremind.org.uk/workplace-wellbeing-training/education-provider-mental-health-training/
	Understanding Self Harm	For professionals in Lancashire	Online & F2F	Half Day	Costed	CPD-accredited	1 & 2	https://www.lancashiremind.org.uk/workplace-wellbeing-training/education-provider-mental-health-training/
	Mental Health Tools for Line Managers	For professionals in Lancashire	Elearning	1hr Coming July 2024	£65		1 & 2	HR tools for Mental Health Mind Lancashire
Papyrus	Mental Health Awareness: Supporting Yourself And Others	For residents in Lancashire	Elearning	2hrs	Costed	CPD-accredited	1, 2 & 3	MHA Mind Lancashire
	Self Harm Safe Kit	For parents in Lancashire	Elearning	Coming September 2024	Free		3	Self Harm Safe Kits: Training For Gatekeepers Mind Lancashire
	SPARK	National	Online & F to F	30 MINS	One free per organisation/ £60 after	CPD-accredited	1	SPARK presentation Suicide Prevention Training Papyrus UK (papyrus-uk.org)
	SPOT	National	Online & F to F	90 MINS	Individual £25, group £300	CPD-accredited	1	SPOT training Suicide Prevention Training Papyrus UK (papyrus-uk.org)
	ASIST	National	F to F	2 days	£180 indiv, £5000 (min 16, max 30) £4500 if the organise			Galvanizing Communities: North West Training Sessions Papyrus
STORM	Self-harm and suicide prevention	For individuals and small organizations working on the frontline that are in regular contact with people in distress/for sma	Online	3 days	£630 + VAT		1	Self harm and suicide prevention training for individuals - Storm Skills Training Open Courses Storm Skills Training
ELM	Suicide Alertness Bitesize Training	anyone in the community who wants to learn more about the myths and facts surrounding suicide	Online & F to F	1 hour	Free			Suicide Alertness Bitesize Cumbria - Every Life Matters
	Self-Harm Alertness	for school staff, health and social care practitioners and professionals and anyone who wants to understand why people	Online & F to F	3 hours	Free		1	Self-harm Alertness Cumbria - Every Life Matters
	Suicide Awareness Training	aimed at anyone aged 16 and over who wants to know what to do if they're ever in a situation where someone they know	Online	1 hour	Free		2	Free online suicide awareness training from the Zero Suicide Alliance
	Autism and Suicide Awareness Training	anyone to take the training, but we particularly recommend you take the training if you are part of the autistic community	Online	1 hour	Free		2	Autism and Suicide Awareness Training
	Veteran and Suicide Awareness Training	for veterans, their family members and friends but can be taken by anyone aged 16 and over.	Online	30 mins	Free		2	Veterans and Suicide Awareness Training
Zero Suicide Alliance	University Students and Suicide Awareness Training	It can be taken by anyone but is particularly recommended if you attend university, work at a university, work with student	Online	1 hour	Free		1	University Students and Suicide Awareness Training
	Prison and Suicide Awareness Training	It can be taken by anyone it is recommended that you are over the age of 16 to take this training.	Online	30 mins	Free		1	Prison and Suicide Awareness Training
	Suicide Awareness Training for Taxi Drivers	for taxi and private hire drivers but can be taken by anyone over the age of 16.	Online	30 mins	Free		2	Suicide Awareness Training for taxi drivers
	Suicide Awareness Training for Probation Staff	It has been co-designed with HMPPS staff and prison leavers to support staff working in the probation service	Online	30 mins	Free		1	Suicide Awareness Training for probation staff
	Making a Suicide Intervention	aimed at organisations with staff who work in a suicide-risk location	Online	1 day	Free		1	Suicide Prevention Training Courses Samaritans Training and Engagement Programmes
Samaritans	Handling suicidal conversations	National	Online	1/2 day	Free			Suicide Prevention Training Courses Samaritans Training and Engagement Programmes
	Managing suicidal conversations	Anyone whose role may bring them into direct contact with people who have suicidal feelings should attend this course.	Online	1 day	Free			Managing suicidal conversations Workplace staff training
Grassroots	Mental Health First Aid	Those with lived experience of mental health issues or illness, managers, employers, and people who are likely to come i	Online & F to F	2 days	£8.50 - £50.24	MHFA England	1	Mental Health First Aid - Grassroots Suicide Prevention
	Real Talk - webinar	Anyone seeking to make a positive impact in their community	Online	1 hour	Free			Real Talk - Webinar - Grassroots Suicide Prevention
	Suicide First Aid for Children and Young People in Schools	Youth workers or other professionals working in clubs or activities that children and young people attend.	Online & F to F	1 day		NCSPT		Suicide First Aid for Children and Young People in Schools - Grassroots Suicide Prevention
	Understanding Suicide Intervention	Individuals and professionals who may encounter situations involving suicide risk in their personal or work lives.	Online & F to F	1 day		NCSPT		Suicide First Aid - Grassroots Suicide Prevention
	Suicide Prevention in the Context of Domestic Abuse - Advanced	Professionals and volunteers working with survivors of domestic abuse in various settings	Online & F to F	1 or 2 day				Suicide Prevention in the Context of Domestic Abuse - Advanced - Grassroots Suicide Prevention
University of Hull	Mental Health and Suicide Prevention for Managers in the Workplace	Managers and team leaders across various services and organisations who are committed to fostering a supportive and m	Online & F to F	3.5 hours	Free			Mental Health and Suicide Prevention for Managers in the Workplace - Grassroots Suicide Prevention
	Understand the Impact of Suicide	anyone likely to come into contact with people affected by suicide,	Online & F to F	1 day	Free			Understand the Impact of Suicide - Grassroots Suicide Prevention
	Understanding Self-Harm - Children and Young People	Professionals and volunteers working with children and young people, including safeguarding team workers, social worker	Online & F to F	3.5 hours	Free			Understanding Self-Harm - Children and Young People - Grassroots Suicide Prevention
	Responding to those Affected by Suicide	anyone likely to come into contact with people affected by suicide, such as those from community groups and third sector	Online & F to F	1 day	Free			Responding to those Affected by Suicide - Grassroots Suicide Prevention
	Workplace Mental Health Awareness and Suicide Prevention	Professionals and employees without management responsibilities who are committed to promoting mental health aware	Online & F to F	3.5 hours	Free			Workplace Mental Health Awareness and Suicide Prevention - Grassroots Suicide Prevention
Suicide Bereavement UK	ASIST	Individuals and professionals who may encounter situations involving suicide risk in their personal or work lives	F to F	2 days	£16.50 - £236.30	Livingworks Internal		ASIST - Grassroots Suicide Prevention
	Social Media in the Aftermath of a Suicide	National	Online	1 hour	Free	CPD-accredited	1	PASS HUB Prevention Around Social Media and Suicide
Help for Heroes	Responding to Suicide (RTS)	Operational emergency services; ambulance, police, fire, civilian investigators, Air Ambulance, RNLI, Coastguard and MO	Face to Face	1 day	Free	CPD-accredited	1	Responding to Suicide (RTS): Emergency Services Training - Suicide Bereavement UK
	Responding To Suicide (RTS)	for the Armed Forces Community	Face to Face	1 day	Price on request	CPD-accredited	1	Responding To Suicide (RTS) Training for the Armed Forces Community - Suicide Bereavement UK
	Postvention Prison Training	All staff who work in prison establishments	Face to Face	2 day	£299+VAT	CPD-accredited	2	Responding to Suicide (RTS): Emergency Services Training - Suicide Bereavement UK
HEE / NCCMH	Evidence - based Suicide bereavement training	National	Both	1 day	Free	CPD-accredited	2	PARBS Postvention Support Training Suicide Bereavement (suicidebereavementuk.com)
	Suicide prevention awareness	Veterans, military community and families	Online	30 mins	Free		1	Suicide awareness and prevention training Help For Heroes
Blackpool Council	Self-harm and suicide prevention	National	Online	1 day	Free			Self-harm and suicide prevention NHS England Workplace, training and education (nhs.uk)
	MHFA	Blackpool staff and residents	Face to Face	2 days	free			Designated Safeguarding Leads Training Public Health Blackpool Council (healthierblackpool.co.uk)
	Suicide First Aid Lite	Blackpool staff and residents	Online & F to F	3.5 hours	Free			Designated Safeguarding Leads Training Public Health Blackpool Council (healthierblackpool.co.uk)
	Suicide First Aid	Blackpool staff and residents	Online & F to F	1 day	Free			Designated Safeguarding Leads Training Public Health Blackpool Council (healthierblackpool.co.uk)
	Anxiety Awareness	Blackpool staff and residents	Face to Face	2 hours	Free			Designated Safeguarding Leads Training Public Health Blackpool Council (healthierblackpool.co.uk)
MindEd programme	Emotional Health and Wellbeing	Blackpool staff and residents	Face to Face	2 hours	Free			Designated Safeguarding Leads Training Public Health Blackpool Council (healthierblackpool.co.uk)
	Understanding Self Harm	Blackpool staff and residents	Face to Face	3 hours	Free			Designated Safeguarding Leads Training Public Health Blackpool Council (healthierblackpool.co.uk)
Mental Health Learning Ltd	Postvention Support for Staff and Organisational Response	National	Online		Free			MindEd Hub
	The ASK Workshop	for professionals working with children and young people aged 5-14 years old	Face to Face	3 1/2 days	Available on request			The ASK Workshop Assessing Suicide in Kids - Mental Health Learning
	An Introduction to Self-Harm	everyone	Online & F to F	60 mins	Available on request			An Introduction to Self-Harm - Mental Health Learning
	Self-Harm Alert	everyone	Online & F to F	15 mins	Available on request			Self-Harm Alert - Mental Health Learning
	An Introduction to Suicide Prevention	everyone	Online & F to F	60 mins	Available on request			An Introduction to Suicide Prevention - Mental Health Learning
MHFA England	SafeTALK	everyone	Face to Face	4 hours	Available on request			SafeTALK - Mental Health Learning
	An Introduction to Suicide Prevention	everyone	Online & F to F	60 mins	Available on request			An Introduction to Suicide Prevention - Mental Health Learning
	Mental Health First Aid	for individuals who would like to become an MHFAider* to gain the knowledge, awareness, and skills to spot signs of peo	Online & F to F	two week	£325 per person			Become a Mental Health First Aider - MHFA England
	Youth Mental Health First Aider	ideal for anyone who lives with, works with, or supports young people aged 8 to 18 and wants to gain the knowledge, awa	Online & F to F	4 sessions (3.5 hrs)	£325 per person			Become a Youth Mental Health First Aider - MHFA England

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Provider	Course name	Local/National	Delivery type	Duration	Cost	Awarding Body	School community 'group'	Links and further details
Papyrus	SPEAK	National	Online & F to F	3.5 hours	Individual £55, group £550	CPD-accredited	1	SPEAK training Suicide Prevention Training Papyrus UK (papyrus-uk.org)
	ASIST	National	Face to Face	2 days	Individual £180, group £5000 - £450	CPD-accredited	1	ASIST Suicide Prevention Training Papyrus UK (papyrus-uk.org)
Every life Matters	Suicide First Aid	For residents or People working in LSC	Online	1/2 day	Free			Suicide Awareness & Prevention Training Courses - Every Life Matters (every-life-matters.org.uk)
	Suicide Alertness	For residents or People working in LSC	Online	3 hours	Free		2	Suicide Awareness & Prevention Training Courses - Every Life Matters (every-life-matters.org.uk)
	Mental Health First Aid	For residents or People working in Cumbria	Online	1 days	Free			Suicide Awareness & Prevention Training Courses - Every Life Matters (every-life-matters.org.uk)
	ASIST	For residents or People working in Cumbria	Online	2 days	Free			Suicide Awareness & Prevention Training Courses - Every Life Matters (every-life-matters.org.uk)
Grassroots	ASIST	Individuals and professionals who may encounter situations involving suicide risk in their person	Face to Face	2 day	£16.50 - £236.30	LivingWorks Inte	1	ASIST - Grassroots Suicide Prevention
	Real Talk - workshop	Professionals in frontline services and everyone over the age of 16 years who wants to help keep	Face to Face	3.5 hours	Not stated	LivingWorks Inte	1	Realtalk - Grassroots Suicide Prevention
	Suicide First Aid	Individuals and professionals who may encounter situations involving suicide risk in their person	Online & F to F	1 day - 1/2	Free	LivingWorks Inte	1	Suicide First Aid - Grassroots Suicide Prevention
	Suicide First Aid: Lite	Those looking for an introduction to suicide prevention, before moving on to a more in-depth co	Online	1/2 day	Free	NCSPET		Suicide First Aid - Lite - Grassroots Suicide Prevention
	Mental Health First Aid: Aware	Individuals from all backgrounds and professions.	Online & F to F	4 hours	£8.50 - £50.89	MHFA England		Mental Health First Aid: Aware - Grassroots Suicide Prevention
Lancashire Mind	Mental Health First Aid	Those with lived experience of mental health issues or illness, managers, employers, and people	Online & F to F	2 days	£8.50 - £50.89	MHFA England-a	1	Mental Health First Aid - Grassroots Suicide Prevention
	Self Harm Parenting Workshop - virtual	For residents or People working in LSC	Online	2 hours	Free		1	Self Harm Parenting Workshop - virtual - Lancashire Mind (arfo.co)
	Adult Mental Health First Aid	For residents or People working in LSC	Online	2 days	Free	MHFA England-a	1	Adult Mental Health First Aid - Lancashire Mind (arfo.co)
	Suicide First Aid Lite	For residents or people living /working in Lancashire	Online	1/2 day	Free	MHFA England-a	1	Suicide First Aid Lite - Lancashire Mind (arfo.co)
	Youth Mental health First Aid (YMHFA)	For residents or people living /working in Lancashire	Online	1/2 day	Cost depending on length, course m	MHFA England-a	1	Mental Health & Mental Wellbeing Training Lancashire Mind
	Suicide First Aid For Young People (Previous	For residents of people working in LSC (aged 16 and over)	Online & F2F	2 day	Funded	City & Guilds	1 & 2	Adult Mental Health First Aid - Lancashire Mind (arfo.co)
	Suicide First Aid Full Day	For residents or people working in LSC	Online & F2F	1 day	Funded	City & Guilds	1 & 2	https://www.lancashiremind.org.uk/workplace-wellbeing-training/
	Adult Mental Health First Aid (MHFA)	Local	Online	2 day	Free	MHFA England-a	1	Adult Mental Health First Aid - Lancashire Mind (arfo.co)
PAC	Youth Mental health First Aid	National	Online	4x 1/2 day	Free		1	Public Mental Health Training - PAC (p-a-c.org.uk)
	YMHFA HALF DAY AWARE Online	National	Online	1/2 day	Free			Public Mental Health Training - PAC (p-a-c.org.uk)
	Adult Mental health First Aid	National	Online	4x 1/2 day	Free		1	Public Mental Health Training - PAC (p-a-c.org.uk)
	safeTALK	National	Online	12 day	Free			Public Mental Health Training - PAC (p-a-c.org.uk)
MHFA England	Adult MHFA One Day Online	National	Online	1 day	Not stated			Adult MHFA One Day Online
	Online Youth Mental Health First Aid	National	Online	4 1/2 days	Not stated		1	Online Youth Mental Health First Aid
	Mental Health First Aid	National	Online	4 1/2 days	£325 + VAT		1	Mental Health First Aid
BwD Adult Learning	300 – Youth Mental Health First Aid	For residents of Blackburn with Darwen	Face to Face	2 day	Free to those living, working or in ed	MHFA England-a		300 - Youth Mental Health First Aid - Blackburn with Darwen Adult Learning
	309 – Mental Health First Aid Refresher	For residents of Blackburn with Darwen	Face to Face	5 hrs	Free to those living, working or in ed	MHFA England-a		309 - Mental Health First Aid Refresher - Blackburn with Darwen Adult Learning
	312 – Adult Mental Health First Aid	For residents of Blackburn with Darwen	Face to Face	4 sessions	Cost depending on group size		1	312 - Adult Mental Health First Aid - Blackburn with Darwen Adult Learning

School Community Group Key Information

Details which school community 'group' the training is relevant for as per: Papyrus Building Suicide-Safer Schools and Colleges guide

<https://www.papyrus-uk.org/schools-guide/>

1	<p>People who have explicit responsibility for the mental and emotional well-being of pupils. These people will ideally have taken part in the development of the school's Suicide-Safer Policy, will be familiar with it and be trained in suicide intervention (for example Applied Suicide Intervention Skills ASIST). As a group we can call them the Suicide Intervention Team. They probably include:</p> <ul style="list-style-type: none"> • Wellbeing Team • Medical Staff • Form Tutors • Heads of Year <p>In some schools and colleges this also includes:</p> <ul style="list-style-type: none"> • Boarding/Accommodation Staff • House Masters • Matrons
2	<p>People who are an integral part of the school community and can therefore be expected to notice and be compassionate towards pupils who are struggling with thoughts of suicide. These people will ideally undertake suicide awareness training as part of their induction. This would increase their willingness and ability to spot the signs that someone is struggling and to signpost them to people in Group 1 above for further support. They probably include:</p> <ul style="list-style-type: none"> • Teaching Staff • Ground Staff • Cleaning Staff • Catering Staff • Pupils
3	<p>People who are not school staff but have an inherent interest in the wellbeing of the pupils. These people will normally and ideally want to be considered and included in their care/ safety plan. They probably include:</p> <ul style="list-style-type: none"> • The pupil's family/Carers/Nominated emergency contact • Medical Services - NHS or private • Local Authority Suicide Prevention Boards and Safeguarding Boards as well as local, and in some cases, national Public Health Teams



Orange Button Information



Links

- bscib@nhs.net
- <https://facebook.com/bscib>
- <https://twitter.com/bscib>
- <https://instagram.com/bscib>
- <https://www.linkedin.com/company/bscib>
- https://www.youtube.com/channel/UC9ewl_0YpaQM5ArxU4h_w
- [LSC Integrated Care Board - Orange Button Community Scheme \(healthier.co.uk\)](https://www.lsc.nhs.uk/)

