

North East London Training Hub in collaboration with North East London Health and Care Partnership are pleased to offer below training to all staff, students and carers in North East London. Please do promote across your organisation and network. For more information and other mental health and suicide prevention training do visit

www.nelsuicidepreventiontraining.co.uk

Book early to avoid disappointment!

The ASK workshop: Assessing for Suicide in Kids (face to face)

Multiple dates available across Sept – Nov 2022

Do you want to become aware of the ways children at risk of suicide communicate their need for help? Do you want to learn to recognise factors that may increase suicide risk and those that may mitigate it? Do you wish to understand and be able to meet common challenges in working with parents to facilitate safety. Participants of The "ASK" Workshop™ leave better equipped to reduce the risk of suicide and enlist help for young children

We are delighted to restart face to face delivery of The ASK Workshop. This one day workshop is targeted at staff working with and caring for children age 5 – 15 years of age. Click on the link below to access further information and dates available to book. There are limited **FULLY FUNDED** places available for staff working across North East London. Book early to avoid disappointment. Please click on the below link to view course dates and booking instructions:

[CLICK HERE TO REGISTER](#)

Participants will be required to complete some self paced online study modules prior to the course start date. You will be contacted 7-10 days prior to the course start date with further information regarding this. This is mandatory for participating in the course. **You will not be able to participate in the training without completing this prior to attending the course. Failure to turn up following registration will incur a £120 DNA charge. This is the cost of the training**

What previous attendees have fed back:

'Excellent, excellent, excellent workshop! One of the most valuable courses I have taken in my career.'

'The ASK Workshop has been well-received and we want to continue to provide this learning opportunity for our school division staff and community partners. It aligns well with other initiatives in our school division and we are excited to offer it to those invested in the lives of children and youth.' 'This material is extremely well thought out and put together. It exceeded my expectations by far. Congratulations on putting together such a powerful, practical, accessible resource!'

Suicide First Aid Lite Youth (virtually delivered 4hr workshop)

For those working and caring for children and young people

If you cannot attend the face to face ASK workshop, there is also the opportunity to attend the virtually delivered Suicide First Aid Lite Youth course. This half day course giving learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

SFA Lite is comprised of 4 hours, interactive, small group workshop accredited by City & Guilds. The programme teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a suicide first aider. Suicide First Aid Lite (Virtual) training offers learning outcomes that are knowledge based and factual. This training can be used as a stand-alone programme or as the first part of a journey to learn suicide prevention skills. An Adults and Children's version of the course is available. Please refrain from booking on both as there are significant overlaps in the content.

Methods of delivery:

Taught over half day using tutor facilitated socratic learning, tutor-led role- play, mini lectures, group work and audio-visual presentations. This is a has some interactive elements and is an emotionally engaging learning experience

Pre-training requirement

No previous experience or training is necessary. Participants will be asked to self-reflect and empathise with a person having thoughts of suicide.

Who should attend?

Multi-sector practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers and community members.

NOTE there is a £50 charge that will be enforced for failure to turn up following booking, or cancellations less than 10 days prior to course. There is a fixed cost commitment that is irrecoverable to secure learning materials. Click below to register:

[CLICK HERE TO REGISTER](#)

Become a qualified Mental Health First Aider (Adult & Youth)

Mental Health First Aid (MHFA) is a training course which teaches people how to identify, understand and help someone who may be experiencing a mental health issue. MHFA won't teach you to be a therapist, but it will teach you to listen, reassure and respond, even in a crisis – and even potentially stop a crisis from happening. You'll learn to recognise warning signs of mental ill health, and develop the skills and confidence to approach and support someone while keeping yourself safe.

Delivered over four x 4 hour sessions online. Course dates are available from September onwards

MUST ATTEND ALL 4 SESSIONS TO BE CERTIFIED

You will be required to provide a delivery address for the learning materials to be shipped to. This needs to be an address (work or home) where you can easily access in a timely manner. You **MUST** have a working microphone and camera on the day. This is an interactive course and requires full participation. You will be asked to leave if you do not have the right equipment to participate, and may be charged for the cost of the course.

The standard cost of this course is £325.00 per person. This is being funded by North East London Training Hub in collaboration with the NEL Integrated Care Board. The £325.00 course cost will be enforced for failure to turn up or cancellations within 10 days of the course start date. You can book a funded place if you work or study in the London Boroughs of Barking & Dagenham, Hackney, City of London, Havering, Newham, Redbridge, Tower Hamlets & Waltham Forest. You will be expected to participate in the evaluation process of the programme. This would include completing feedback survey at the end of the survey and post 10-12 weeks impact assessment survey. This will help us understand the impact of the training and also help make required quality improvement

MHFA Adult

You'll also learn how to empower someone to access the support they might need for recovery or successful management of symptoms. This could include self-help books or websites, accessing therapy services through their GP, their school or place of work, online self-referral, support groups, and more. What's more, you'll gain an understanding of how to support positive wellbeing and tackle stigma in the world around you.

MHFA Youth

For those working and caring for children and young people

The training will teach you the skills and confidence to spot the signs of mental health issues in a young person, offer first aid and guide them towards the support they need. In doing so, you can speed up a

This course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

[CLICK HERE TO REGISTER](#)

young person's recovery and stop a mental health issue from getting worse.

This online course trains you as a Youth Mental Health First Aider, giving you:

- An in-depth understanding of young people's mental health and factors that affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to reassure and support a young person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help a young person recover their health by guiding them to further support – whether that's through self-help sites, their place of learning, the NHS, or a mix – engaging with parents, carers and external agencies where appropriate
- Ability to support a young person with a long term mental health issue or disability to thrive
- Tools to look after your own mental wellbeing

[CLICK HERE TO REGISTER](#)

Applied Suicide Intervention Skills Training (ASIST) – FULLY FUNDED FOR NEL STAFF

Multiple dates available across various venues – face to face training

This GOLD standard World Health Organisation endorsed Suicide Prevention course is intensive 2 day training for care-givers and key community members. It teaches suicide alertness and an easy to remember framework of practical skills to safely initiate, complete and follow-up on a full suicide intervention.

To qualify you should complete registration with your work email address otherwise booking will automatically be cancelled Failure to attend following registration will incur a £150 charge.

[CLICK HERE TO REGISTER](#)

** Do add your name to waiting list if courses are fully subscribed so priority places can be offered to you for future dates**