

# Self-harm and Suicide Awareness and Prevention

## Course Overview

This qualification is aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. The knowledge individuals will gain is not sector-specific but can be applied to a broad range of personal and professional situations.

## Business Benefits

This course will be useful for roles such as teachers, mental health workers, crisis helpline volunteers, support workers, individuals in a safeguarding role, parents or guardians, and others working with individuals who may be at increased risk of self-harm or suicide.



success.



speed.



support.

## What is the cost?

Due to the availability of government funding, this qualification is available at no cost. Funded places are limited so please book early to secure your place.

## Learner Benefits

- Achieve a nationally recognised level 2 qualification
- Furthers personal and professional development
- No need to formally attend college
- Learn in your own time
- Access to sector-expert assessors throughout the course

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### Course Duration

8 - 12 Weeks

### Awarding Body

NCFE / CACHE / TQUK

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## Course Content

This course is split into four manageable units:

### Unit 1: Introduction to suicide and self-harm awareness

Section 1: Understand what is meant by self-harm and suicide

Section 2: Understand the triggers which might cause someone to self-harm or attempt suicide

Section 3: Understand media and societal attitudes to self-harm and suicide

### Unit 2: Recognising the signs of suicide and self-harm in individuals

Section 1: Signs, thoughts, feelings and behaviour

Section 2: Understand how to initially approach someone who may be self-harming or considering suicide

### Unit 3: The principles of suicide and self-harm prevention

Section 1: Understand the role of conversation in the prevention of self-harm and suicide

Section 2: Understand the importance of family and friend support in the prevention of self-harm and suicide

Section 3: Know support and treatment options available to individuals and families in relation to self-harm and suicide

### Unit 4: Support for individuals when dealing with grief after suicide

Section 1: Understand the role of suicide prevention campaigns

Section 2: Understand the importance of encouraging healthy coping strategies

Section 3: Understanding grief following suicide and the impact it can have on individuals

Section 4: Understand the reach of grief following suicide

Section 5: Understand the importance of support for those affected by grief following suicide