



## Self-harm and Suicide Awareness and Prevention Level 2

## **Course Overview**

Welcome to the Self-harm and Suicide Awareness and Prevention Level 2 course. This course is designed to provide you with a comprehensive understanding of suicide and self-harm, including the causes and warning signs, and the prevention strategies that can be employed to support those at risk.

During this course, you will learn about the principles of suicide and self-harm prevention, and how to recognise the signs of suicide and self-harm in individuals. We will also cover the support available for those dealing with grief after suicide.

By completing this course, you will have a better understanding of how to identify and respond to individuals who may be experiencing suicidal thoughts or engaging in self-harming behaviors.

This course is an important step in promoting mental health awareness and preventing the tragic loss of life due to suicide.

## What is the cost?

As a result of government funding, this qualification is currently offered at no cost. However, please note that the number of funded places can be limited. To ensure you secure your spot, we recommend booking early.

## How do learners benefit?

Taking the Self-harm and Suicide
Awareness and Prevention Level 2 course
can benefit learners in several ways.
Firstly, it provides learners with an
understanding of the causes and warning
signs of suicide and self-harm, which can
enable them to identify and respond to
individuals who may be at risk.
Secondly, the course covers principles of
suicide and self-harm prevention,
equipping learners with effective strategies
to prevent these behaviors.

Thirdly, the course provides insight into the support available for individuals dealing with grief after suicide, enabling learners to offer appropriate support.

By completing this course, learners can become better equipped to promote mental health awareness and prevent tragic losses due to suicide.

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