




## suicide prevention resources.

### Free e-learning

 <p>Suicide prevention awareness training</p> <p><a href="https://www.learningpool.com/SuicidePrevention/#/id/5ae98748b9dfdb3b10a53a0f">https://www.learningpool.com/SuicidePrevention/#/id/5ae98748b9dfdb3b10a53a0f</a></p>	<p>The <b>Suicide Prevention Awareness</b> module is part of our Government and Core Skills catalogue but we want to get this information out there, so we've made it completely free for everyone, forever.</p> <p>We've designed this e-learning module to empower you to help others, be it a colleague, friend, family member or anyone else who finds themselves in an emotionally distressed state.</p> <p>In this module we'll look at:</p> <ul style="list-style-type: none"> <li>•suicide facts</li> <li>•risk factors</li> <li>•psychological factors</li> <li>•positive approaches</li> </ul>
 <p><a href="https://www.zerosuicidealliance.com/training/">https://www.zerosuicidealliance.com/training/</a></p>	<p><b>We need to talk about suicide:</b> a simple but effective training video that combines facts about suicide with stories of real people who have experienced the impact of it on their lives. It also provides advice on how to speak to someone with suicidal thoughts and real-life scenarios to give the skills to be able to deal with difficult conversations with loved ones, friends or colleagues.</p>
 <p><a href="https://www.e-lfh.org.uk/programmes/suicide-prevention/">https://www.e-lfh.org.uk/programmes/suicide-prevention/</a></p>	<p><b>We need to talk about suicide: helping everyone to feel more confident to talk about suicide"</b> is an e-learning programme that has been developed for the wider public health workforce including voluntary sector, emergency services, prison staff and prison listeners and all staff in health and social care.</p> <p>The programme is based on four storylines of people who are at increased risk of dying by suicide. During these four video scenarios, the learner will have the opportunity to reflect on their own learning. The learner will be able to complete the entire programme at once, which takes approximately between 60 and 90 minutes, or complete at their own pace in smaller sections.</p>

**Suicide prevention web resources.**

<h2>SHINING A LIGHT ON <u>SUICIDE</u></h2> <p><a href="http://www.shininglightonsuicide.org.uk/">http://www.shininglightonsuicide.org.uk/</a></p>  <p>Are you feeling suicidal?      Are you concerned?      Are you bereaved?</p>	<p>This website has been commissioned by the Greater Manchester Suicide Prevention Executive working within the Greater Manchester Health &amp; Social Care Partnership with the aim of providing information to help those bereaved by suicide or dealing with suicidal thoughts</p>
<h2>Staying Safe</h2> <p>from suicidal thoughts</p> <p><a href="https://www.stayingsafe.net/about">https://www.stayingsafe.net/about</a></p>	<p>StayingSafe.net offers compassion, kindness and easy ways to help keep people safer from thoughts of harm and suicide, seek support and discover hope of recovery through powerful videos from people with personal experience.</p>
<p>The website provides vital 'Safety Plan' guidance tools jointly funded by NHS England, with easy to print / online templates and guidance video tutorials purposefully designed to help people through the process of writing their own Safety Plan to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress.</p>	
<p><a href="https://www.stayingsafe.net/node/7">https://www.stayingsafe.net/node/7</a></p> 	