**SUICIDE PREVENTION FREE E-TRAINING AND RESOURCES**

| **Title / Author** | **Brief outline** | **Audience** | **Duration / CPD** | **Access** |
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| We Need to Talk About Suicide  eLearning Programme  Authors:  Public Health England and Health Education England | Developed by a range of experts including those with experience of attempted suicide and those bereaved by suicide, the purpose of the programme is to support the ambition of reducing the stigma associated with suicide, to help everyone see that simply asking someone how they are and talking about suicide can really help. The programme supports learning and development in suicide competence at level one.  The programme is based on four storylines of people who are at increased risk of dying by suicide. During these four 4 video scenarios the learner will have the opportunity to reflect on their learning. | * Non-mental health practitioners * Anyone working with the public across a wide range of settings. * Anyone in a volunteering role with contact with the public. * Administrative and support staff in health and care across a range of settings such as primary care, acute and supported living settings. * Administrative and support staff in other public-sector settings such as local authorities and the voluntary sector. * Public health/health promotion staff across all sectors including local authorities, NHS and primary care. | 60 minutes  The learner will be able to complete the entire programme at once or complete at their own pace in smaller sections.  There is no formal assessment but the learner is encouraged to stop and reflect on the learning as they progress through the course and can print out a certificate on completion of the course as evidence of professional development. | Access via e-Learning for Healthcare (e-LfH) on the e-LfH Hub:  Register for an account or log-in to your existing account at:  <https://portal.e-lfh.org.uk/Component/Details/544927> |
| 4 Mental Health | Oﬀers 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.  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. A Safety Plan helps to build hope, identify actions and strategies to resist suicidal thoughts and develop positive ways to cope with stress and emotional distress | Offers resources for professionals from all sectors and for the general public | Resource can be accessed at any time | [www.StayingSafe.net](https://emea01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.StayingSafe.net&data=02%7C01%7CParpinder.Singh%40wolverhampton.gov.uk%7Cc1e60180f6d546b9f05308d685fcded9%7C07ebc6c370744387a625b9d918ba4a97%7C0%7C0%7C636843718448488965&sdata=xgGwoTYbOcdSejqqAqko8JoXPeEoiwzYrMmzayH%2B5fk%3D&reserved=0) |
| Zero Suicide Training Alliance | The aims of this training is to enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and  to empower them to signpost the individual to the correct services or support | Offers training for professionals from all sectors and for the general public | 20 minutes | <https://www.zerosuicidealliance.com/training/> |