



Children and Young People's Empowerment Project

## Barnsley Mental health and Suicide Prevention Training Prospectus 2022/2023



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**BARNLSLEY**  
Metropolitan Borough Council



**ASIST**

# Barnsley Suicide Prevention Training Prospectus

## 2022/2023

As part of Barnsley's Suicide Prevention action plan, Chilypep have been commissioned by Barnsley Metropolitan Borough Council (BMBC) to deliver a range of mental health and suicide prevention training, helping to improve the knowledge, skills and attitudes of professionals, community members and friends who may have proximity to those with suicidal ideation. The training aims to raise awareness of suicide, reduce stigma and open up conversations, and improve individuals' ability to intervene and offer support around suicide.

We offer a range of training courses, including Mental Health First Aid training, Applied Suicide Intervention Skills Training (ASIST), SafeTALK, and bespoke training courses to meet individual needs. We offer both online and in person courses, so there is something to suit everyone. This training is aimed at anyone living or working in Barnsley who wants to feel better equipped in supporting others with their mental health and emotional wellbeing.

Chilypep and BMBC, through consultations with young people, professionals and members of the Suicide Prevention Group and Crisis Care Concordat working groups, have identified organisations that might benefit from training, but are also open to requests for training and workshops in relation to suicide prevention from individuals and communities who feel this would be of benefit to them and those they come into contact with.

This training will be provided free of charge, however as there is a real cost to the organisation and delivery of the training, confirmation and agreement of courses and places on these will be required.

### Get in touch!

If you are interested in learning more about our courses, would like to book onto a current course, or arrange a training course for yourself/ colleagues/ your organisation or community, **please contact:**

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# Course Overviews

## Chilypep Bespoke Training Courses

Experienced trainers from Chilypep have developed a flexible training package around mental health and suicide prevention.

These courses will give you an insight into the issues people face around their mental health, recognising when someone might be at risk of suicide, opening up conversations around suicide, and supporting someone 'at risk'.

Courses can be delivered in person or online via Zoom. Courses can be delivered to meet the needs of participants and last anywhere from **one hour** to a **two days**.

Participants can choose from a range of modules, including:

- Mental Health Awareness
- Introduction to Self-harm, Self-injury and Suicide
- Suicide prevention

## Accredited and externally evaluated courses

### Youth Mental Health First Aid Training – in person

This is an internationally recognised two-day course specifically designed for those people that teach, work, live with or care for young people aged 8 - 18. This course teaches participants how to spot the early warning signs and symptoms of mental ill-health in young people. It provides information about topics such as anxiety, depression, self-harm, eating disorders, alcohol and drug use and explains the impact that mental ill-health in young people can have on adolescent development. A practical, skills based approach helps participants gain the confidence to offer meaningful support to young people in distress.

At the end of the course participants will be able to:

- Spot the early signs of a mental health problem in young people
- Feel confident helping a young person
- Provide help on a first aid basis
- Help protect a young person who might be at risk of harm
- Help a young person recover faster
- Guide a young person towards the right support
- Reduce the stigma of mental health problems

Participants will receive a manual and certificate from MHFA England on completion of the 2-day course and will be Youth Mental Health 'First Aiders'.

### Youth Mental Health First Aid Training – online

This online equivalent of the 2 day in person Youth Mental Health First Aid course takes place over 4 online 'live sessions' facilitated by a mental health first aid trainer. In addition to the live sessions participants have access to an online learning platform to complete self-learning in advance of each session. At the end of the course learners are qualified as Youth Mental Health First Aiders.

## Youth Mental Health First Aid (1-day)

MHFA one day course has been designed especially with schools in mind. Based on the Youth MHFA course but targeted to meet the needs of educational environments, MHFA one day course will cover key topics around young people's mental health and wellbeing, with a strong practical focus on how to support young people experiencing mental distress. Whilst the course is not a replacement for the two-day Youth MHFA course, delegates will become Champions for better mental health in youth settings.

On the course you will learn:

- What is mental health and mental ill health?
- Stigma and discrimination
- The five steps to mental health first aid
- How to spot symptoms of mental health issues such as depression, anxiety, eating disorders, and psychosis
- Suicide
- Self-harm
- Non-judgmental listening skills

Participants will receive a manual and certificate from MHFA England on completion of the 1-day course and will be Youth Mental Health Champions.

## Mental Health Aware (half day session) – available online or in person

Mental Health Aware is an introductory three-hour awareness course offering an overview of young people's mental health and mental health issues.

The course is for everyone and is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves, although parental consent is required below the age of 16.

On this course you will:

- Gain an understanding of some of the common mental health issues affecting young people, including depression, anxiety, eating disorders and psychosis
- Learn to work more effectively with young people living with mental health issues
- Identify stigma and discrimination surrounding mental health issues
- Learn ways to support young people with a mental health issue and relate to their experiences
- Experience a taste of the contents of the two-day Youth MHFA course,

You'll receive a manual in advance of the course and a certificate from MHFA England on completion.

## **Adult Mental Health First Aid (2 day course)**

This course teaches participants how to spot the early warning signs and symptoms of mental ill-health in adults. It provides information about topics such as anxiety, depression, psychosis, eating disorders, and alcohol and drug use and explains the impact that mental ill health can have on adults. A practical, skills based approach helps participants gain the confidence to offer meaningful support to adults in distress.

At the end of the course participants will be qualified 'Mental Health First Aiders', with:

- 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

Participants will receive a manual and certificate from MHFA England on completion of the 2-day course and will be Mental Health 'First Aiders'

## **Mental Health First Aid Training – online**

This online equivalent of the 2 day in person Mental Health First Aid course takes place over 4 online 'live sessions' facilitated by a mental health first aid trainer. In addition to the live sessions participants have access to an online learning platform to complete self-learning in advance of each session. At the end of the course learners are qualified as Mental Health First Aiders.

## ASIST Training (2 days, in person)

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize to attend the workshop—anyone 16 or older can learn and use the ASIST model when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training

Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge and practice, and over 1,000,000 people have taken the workshop. [Studies show](#) that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

### **Learning goals and objectives**

Over the course of their two-day workshop, ASIST participants learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognize other important aspects of suicide prevention including life-promotion and self-care

## SafeTALK Training: Suicide Alertness for Everyone

SafeTALK is a half-day (3.5 hours) suicide prevention training course that can help you make a difference. Know what to do if someone's suicidal by following the easy to remember TALK steps - Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and helps you both move forward to connect with more specialised support.

The safeTALK course was developed by LivingWorks in Canada and is delivered worldwide. It complements the more comprehensive 2 day ASIST course by conveniently widening the net of suicide alert helpers to ensure that thoughts of suicide aren't missed, dismissed or avoided.

### **Learning goals and objectives**

- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.