



UK Patient Care Ltd

[info@ukpatientcare.co.uk](mailto:info@ukpatientcare.co.uk) | 0113 873 0715 | [www.ukpatientcare.co.uk](http://www.ukpatientcare.co.uk)

Registered Address: Unit 15(2) C Part A, Bagley Lane, Farsley, Leeds, LS28 5LY

## Become a Suicide First-Aid Helper

### **Ideal for:**

Our course is ideal for individuals and professionals who may encounter situations involving suicide risk in their personal or work lives. It is particularly valuable for those working to support anyone seeking to act on suicidal behaviour, including first responders, health professionals and mental health workers.

- Duration - 2 days (9am to 5pm)
- Delivery - In-person
- Group size - Minimum 15 delegates - Maximum 30 delegates
- Qualification - Certificate or Attendance / Completion
- Awarding body - Livingworks International

### **Ideal for:**

This two-day workshop provides participants with practical skills and knowledge to effectively recognise those who may be at risk of suicide and conduct a suicide intervention. Through highly engaging skills practice, attendees learn how to assess risk, engage in open conversations and develop safety plans to support individuals experiencing suicidal ideation.

By emphasising a collaborative and compassionate approach, ASIST equips participants with the tools needed to provide immediate assistance and guide individuals towards appropriate professional help.

### **Key features:**

- Understand reasons for suicidal thoughts and factors which influence people
- Become more suicide alert: recognise people asking for help, understand the barriers people face.
- Practise providing guidance and suicide first aid to a person at risk, meeting their individual safety needs.
- Learn the key elements of an effective suicide safety plan and how to implement it effectively
- Understand the value of improving and integrating suicide prevention resources in the community at large.
- Explore community resources and learn how to connect people with support networks
- Recognise other important aspects of suicide prevention including life promotion and self-care
- Participants receive a 20-page workbook, wallet card and stickers as well as a certificate upon successful completion

## Room Requirements

A room to accommodate up to 30 people (or full group) in a lecture style seating arrangement and then flexible to allow movement of tables and chairs.

A second room to accommodate up to 15 people (or half group) in a horse shoe table and desk layout then flexible to allow movement of tables and chairs.

Screen and projector (or suitable TV screen) in each room and refreshment facilities.

## Course cost:

The cost per delegate to be confirmed.

This includes the certification, books and materials.

2 x full days training

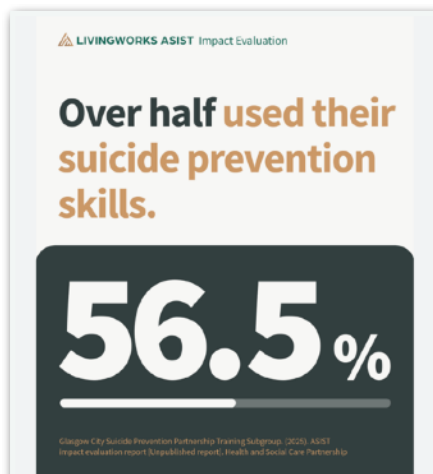
2 x instructors

2 x rooms required.

(Minimum 15 - Maximum 30) delegates per course



*By completing this training, you'll become a Suicide First-Aid Helper - someone ready, willing and able to step forward when someone is struggling and guide them toward safety. Together, Suicide First-Aid Helpers help form a Network of Safety - a connected community committed to creating suicide-safer schools, workplaces and neighbourhoods.*



- National Health Service (NHS) at the following locations:
  - Leeds - Conflict Management
  - Dudley Hospital – Conflict Management & Breakaway
  - Harrogate Hospital – Conflict Management, Breakaway & Restraint
  - Oxford Hospital – Conflict Management & Breakaway
  - Airedale Hospital – Conflict Management & Breakaway
  - Bradford Mental Health Trust – Breakaway
  - Fieldhead Hospital – Handcuffing, Emergency Response Belt (ERB), Emergency Response Cuffs (ERC) & Safety Pod
  - Pennine Care NHS Foundation Trust – Handcuffing & Personal Safety
  - Devon Partnership NHS Trust – Search Training
  - Midlands Partnership NHS Trust – Search Training
- Barton Moss Secure Care Centre – Incident Management Training & Physical Intervention
- Natwest Bank – Customer Service & Conflict Management
- Leeds University – Conflict Management & Physical Intervention
- Bradford University – Personal Safety & Breakaway
- Hanson School, Bradford – Personal Safety Training
- Castleton Primary School, Armley, Leeds – Manual Handling & Restraint
- Yorkshire Housing – Lone working & Personal Safety
- Wetherby Prison – Conflict Management, Breakaway & Restraint
- Holy Saviour Primary School, Lancashire – Manual Handling & Restraint
- West Yorkshire Police Custody Nurses – Conflict Management & Breakaway
- Omagh Council, Northern Ireland – Conflict Management
- Professional Security, Lincoln – Conflict Management & Customer Service
- Metro Bank – Personal Safety & Breakaway
- IMT Medical Transport – Restraint & Handcuffing
- Waste Investigation Support & Enforcement (WISE) – Environment Crime, Mental Health First Aid, Personal Safety & Breakaway
- Network Rail – Conflict Management, Breakaway & Body Worn Video
- Bradford Cathedral – Conflict Management, Breakaway & First Aid

- Bradford BID – Mental Health First Aid, First Aid, Personal Safety & Breakaway
- Birmingham BID – Policy writing, job description, Conflict Management & Breakaway
- Centurian Traffic Management – Mental Health First Aid
- Change, Grow, Live (CGL) – Personal Safety & Breakaway
- Humankind – Personal Safety & Breakaway
- Likewise Sheffield – Personal Safety & Breakaway

**Further Information:**

For any more information or discuss any part of this proposal please email [info@ukpatientcare.co.uk](mailto:info@ukpatientcare.co.uk) or call 0113 873 0715.

**About UK Patient Care**

At UK Patient Care, we believe that the well-being and safety of people is of the utmost importance. With our extensive range of services, highly trained staff, and commitment to excellence, we strive to exceed expectations and contribute to the overall enhancement of safety. Visit [www.ukpatientcare.co.uk](http://www.ukpatientcare.co.uk) to find out more.



**National Association  
for Healthcare Security**