

## FREE Suicide Prevention Half Day Online Course

The Local Authority Directors of Public Health in Cheshire and Merseyside, alongside Public Health England and NHS England, have chosen Suicide Prevention as a key priority for collective action across the region.

**Level 2\***The Suicide Prevention Training is a FREE online, half-day session, aimed at supporting both children and adults. \* [Click-here-to-view-the-Framework-1.pdf \(no-more.co.uk\)](#)

Learning outcomes:

- Be able to **identify signs** that might suggest someone is thinking about suicide.
- Knowledge and understanding to challenge **stigma**.
- Be able to recognise **risk and** identify key risk factors.
- Have increased **confidence to ask direct questions** about suicide.
- Understanding **safety planning** to empower recovery and manage risk.
- Be able to list **key support services** for people who feel suicidal.

**Please book a maximum of 3 places per Organisation/Cheshire East Council Team.**

[Registration Link: here](#)

**Pre- learning:**

Level 1\* available on the CEC learning lounge – [Course: Zero Suicide Prevention \(learningpool.com\)](#)

Pre- learning link for non-Cheshire East Council employees - [20 minute suicide awareness training \(zerosuicidealliance.com\)](#)

Please find signposting support and details of the local Self harm and Suicide prevention action plan 2023-2025 - [here](#)