

HA Courses

Suicide Awareness

We've got you.

A flexible half day session to discuss the nature of suicidal thoughts and behaviour, understand our human responses to facing this and explore best practice for support.

Who is it for?

This session is suitable for HR/H&S teams, particularly those that often respond to workplace critical incidents.

Course Aims

To understand suicide and the thoughts and behaviours of those feeling suicidal. To explore the emotional impact on staff communicating with those at risk. To help staff understand the effects this can have on the workplace and colleagues. To feel confident in speaking to those feeling suicidal and what you can do if you are concerned. To assist all individuals in maintaining their wellbeing and productivity by using and promoting the appropriate support.

Course Content

- Understanding suicidal thoughts and behaviours.
- The difference between ideation and action.
- Understanding your reactions.
- Conversations with those affected.
- What to say & what not to say
- Listening & spotting warning signs.
- Best practice for support and responses to risk.
- Self care and wellbeing.
- Using existing support systems e.g. EAP

Benefits

Equips crucial staff with the skills to be able to deal with the difficult topic of suicide in and around the workplace.

Sharing and promoting best practice ensures that staff can work as a coherent team at the most difficult at times - providing stability for other staff involved.

Understanding the normal thoughts and feelings helps staff involved in support to spot warning signs and identify those who may need it most.

Our Experience

Our CiC trainers know the importance of identifying and understanding the culture of your organisation including the challenges faced by hospitality workers e.g. long hours and split shifts. Our trainers are specialists in their field and are highly skilled at delivering training across businesses and to all levels, specialist teams and departments. As psychological practitioners, our trainers are well placed to discuss the more difficult topics in an engaging, bounded and appropriately supportive way. As well as delivering training to many of HA's Employee Assistance Programme Members (EAP), we have supported organisations and institutions within both the public and private sector from Universities and Schools, to Law Firms, local councils, NHS trusts, International News Agencies and International Charities.

Want to know more? Get in touch with CiC by calling
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Discounted rates available for EAP subscribers.