

Most of us have been affected by suicide. It happens all around us: in our schools, in our workplaces, in our communities. More and more people across the UK (professionals and non-professionals alike) are qualifying in suicide prevention. You could be one of them.

**If someone you
know was thinking
about suicide,
would you know
how to help?**



SFA
Suicide First Aid
Understanding Suicide Intervention



Learn to have a conversation that could save a life.

Attend our one-day programme **SFA: Suicide First Aid** - the UK's only accredited qualification in this area - and learn a step-by-step guide to recognise and help someone who is thinking of killing themselves to consider their options and stay safe.

Most people thinking of suicide never get an opportunity to have an open conversation, and many make the biggest decision of their life without talking through what their intentions are. The outcome could be so different. **Let's learn a different kind of conversation.**

What is involved?

- No prior training necessary
- Interactive flexible adult learning
- Adapted for your group's needs
- Passionate accredited trainers, all with experience of personally conducting suicide interventions

What will I learn?

- The value of personal and professional experience
- What prevents people seeking help
- The signs of suicide
- Suicide-Safety Guide - how to have a conversation that can save a life
- Partnership working and resources
- Debriefing and self-care

Why choose SFA?

- Evidence-based & externally moderated
- Accredited by City & Guilds
- Endorsed by Skills For Health in 2012
- Regulated Qualification Framework - Mental Health Core Skills Education and Training Framework
- Mapped to ten National Occupational Standards
- Optional knowledge-based assessment to achieve C&G Level 4
- Developed and exclusively provided by the UK's most experienced SP Education organisation