

## **Self-harm and Suicide Awareness and Prevention**

This FREE on-line qualification is aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. The knowledge individuals will gain is not sector-specific but can be applied to a broad range of personal and professional situations.

Individuals who may find this self-harm training course useful to their professional life include: teachers, mental health workers, crisis helpline volunteers, support workers, individuals in a safeguarding role, parents or guardians, and others working with individuals who may be at increased risk of self-harm or suicide.

Unit 1: Introduction to suicide and self-harm awareness

Section 1: Understand what is meant by self-harm and suicide

Section 2: Understand the triggers which might cause someone to self-harm or attempt suicide

Section 3: Understand media and societal attitudes to self-harm and suicide

Unit 2: Recognising the signs of suicide and self-harm in individuals

Section 1: Signs, thoughts, feelings and behaviour

Section 2: Understand how to initially approach someone who may be self-harming or considering suicide

Unit 3: The principles of suicide and self-harm prevention

Section 1: Understand the role of conversation in the prevention of self-harm and suicide

Section 2: Understand the importance of family and friend support in the prevention of self-harm and suicide

Section 3: Know support and treatment options available to individuals and families in relation to self-harm and suicide

Unit 4: Support for individuals when dealing with grief after suicide

Section 1: Understand the role of suicide prevention campaigns

Section 2: Understand the importance of encouraging healthy coping strategies

Section 3: Understanding grief following suicide and the impact it can have on individuals

Section 4: Understand the reach of grief following suicide

Section 5: Understand the importance of support for those affected by grief following suicide

Approximate Course Duration – 8 -12 weeks (based on an average of 10-15 hours of self study per week)

Apply now at [www.gloscol.ac.uk](http://www.gloscol.ac.uk) or call 0345 155 2020

This qualification can be completed on either a desk top or mobile phone. There are no specific software requirements needed apart from a stable internet connection. On successful completion you will receive an E-certificate.

## **Entry Requirements**

This course is aimed at those 19 years (as at 31st of the academic year you are applying for) and over.

When applying for one of our free courses you will be asked to supply a copy of your ID, which can be either a passport, driving licence, birth certificate or national identity card. If you were born outside the EU, you must have proof of residency status and you will need to provide a copy for our records. If you have declared you are in receipt of benefits or low wage you will also need to provide us with evidence of this.

Please note whilst there is no limit to the number of free courses you can complete, you can only study one free course at a time.

In some instances fully funded applications are subject to postcode eligibility or prior attainment.

## **What's Next**

## Your Options

	Start Date	End Date	Course Level
<b>Self-harm and Suicide Awareness and Prevention (Part Time)</b>			
Online	01/08/24	31/07/25	2