

chooselife

The national strategy and action plan
to prevent suicide in Scotland

Choose Life West Lothian Training Dates for 2012



safeTALK - Suicide Alertness

Learn 4 basic steps to recognize persons with thoughts of suicide and connect them to suicide first aid resources.

This three-hour training can help you to make a difference.

Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to identify and engage people with thoughts of suicide and to connect them with further help and care.

Who should attend

safeTALK is for everyone who wants to help prevent suicide: frontline workers, clergy, volunteers, parents, teachers...anyone who wants to help prevent suicide.

The course is free of charge and open to anyone living or working in West Lothian.

safeTALK - places available in 2012

- 13 February (9.30—12.30pm)
- 12 September (9.30-12.30pm)



Applied Suicide Intervention Skills Training

A 2 day crisis intervention-training course, which aims to make people feel confident about helping people at risk of suicide.

Training **anyone** who may come in contact with a person-at-risk of suicide. This may include *mental health professionals, volunteers, doctors, nurses, police, teachers, counsellors, clergy and youth workers.*

The course consists of:

- ◆ mini-lectures - group discussions - simulations - practice - audio-visuals.
- ◆ information about suicide prevention activities; the opportunity for discussions about personal attitudes, values and feelings about suicide.
- ◆ You will learn: how to identify cues that indicate the risk of suicide; about effective suicide intervention; how to discuss suicide with a person at risk; and develop the skills needed to intervene with that person.

ASIST– places available in 2012

- 18-19 January
- 3-4 May
- 6-7 September
- 1-2 March
- 11-12 June
- 22-23 November

ASIST - Tune Up (refresher course)

ASIST Tune Up is a half day refresher session for participants who have completed the two day ASISTworkshop, 2 or more years ago.

Tune Up - places available in 2012

- 13 February (1.30-4.30)
- 12 September (1.30-4.30)

Scotland's Mental Health First Aid

A 12 hour course that will teach you the skills to help someone who is developing a mental health problem or is experiencing a mental health crisis.

No previous knowledge or experience is required to attend a SMHFA course. The SMHFA course is twelve hours and is delivered over 2 days. The course is highly interactive and covers:

- Depression
- Anxiety
- Psychosis
- Suicide
- Self Harm



SMHFA - places available in 2012

- 30-31 January
- 26-27 April
- 1-2 October

The course is free of charge and open to anyone living or working in West Lothian.

To book a place on any of the courses, or for further information please contact:

Health Improvement Team

West Lothian Council
Strathbrock Partnership Centre
189a West Main Street
Broxburn

West Lothian, EH52 5LH

Tel 01506 775626

Email: HIT@westlothian.gov.uk