

We Need to Talk About Suicide eLearning Programme

'We need to talk about suicide: helping everyone to feel more confident to talk about suicide' is an eLearning programme that has been developed for the wider public health workforce including voluntary sector, blue light services, prison staff, health and social care. It was developed by a range of experts including those with experience of attempted suicide and those bereaved by suicide.

Almost everyone thinking about suicide doesn't want to stop living they just want to stop the pain and distress they are feeling. Talking about suicide does not make someone more likely to take their own lives. Another person showing compassion and care can only make things better not worse.

The purpose of the programme is to support the ambition of reducing the stigma associated with suicide, to help everyone see that simply asking someone how they are and talking about suicide can really help. The programme supports learning and development in suicide competence at level one.

The programme is based on four storylines of people who are at increased risk of dying by suicide. During these four 4 video scenarios the learner will have the opportunity to reflect on their learning. The learner will be able to complete the entire programme at once or complete at their own pace in smaller sections.

There is no formal assessment but the learner is encouraged to stop and reflect on the learning as they progress through the course and can print out a certificate on completion of the course as evidence of professional development. The programme takes approximately 60 minutes to complete.

How might the programme be used?

- As an introduction to suicide awareness and suicide prevention skills.
- To consolidate existing skills on suicide prevention.
- As part of an organisation's induction process, reflecting a commitment to reducing death by suicide.
- For personal and professional development.

Proposed target audience

- Non-mental health practitioners.
- Anyone working with the public across a wide range of settings.
- Anyone in a volunteering role with contact with the public.
- Administrative and support staff in health and care across a range of settings such as primary care, acute and supported living settings.
- Administrative and support staff in other public sector settings such as local authorities and the voluntary sector.

- Public health/health promotion staff across all sectors including local authorities, NHS and primary care.

Proposed Aims

The resource aims to support learners by:

- Reducing the stigma associated with talking about suicide, helping learners to consider their role, recognising early warning signs and taking action appropriately and sensitively.
- Improving confidence and capability to ask someone if they are thinking about suicide.
- Encouraging intervention and appropriate signposting to sources of help, resources or guidance as appropriate.
- Raising awareness regarding the factors that promote and protect mental health and wellbeing.

The learning is specifically aimed at making sure that everyone in contact with the public, in whatever role, knows how to spot any signs of mental distress and feel comfortable in talking about suicide.

Talking about suicide can be used as a normal part of all our interactions at home, in the workplace and in the wider community.

How to Access the eLearning Programme

To access the We Need to Talk about Suicide training, please register for an account or log-in to your existing account on the E-Learning for Health (e-LfH) Hub at:

<https://portal.e-lfh.org.uk/Component/Details/544927>

A record of your learning and activity in the package will be saved.

We hope you find the training useful.

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