



Online NO MORE Suicide Community Training

The Online NO MORE Suicide Community Training is a **one-day** session made up of both self-directed learning activities and a live session hosted on zoom.

Self-directed learning is based on a combination of videos, workbook activities and reading, which can be done at your own pace in advance of the live session.

Resources for the first two modules will be sent to individual learners the morning of the training via email, allowing time to complete the necessary learning before the start of the live session that afternoon. The live sessions are led by a trainer from Wirral Mind and will start at 1.00pm.

The resources for the final module will be emailed following the live session along with an evaluation we ask participants to complete and return at their earliest convenience.

Online NO MORE Suicide Community Training timing outline:

Module 1: Self-directed learning ahead of the live session	Module 2: Live session via zoom 1.00pm – 4.00pm	Module 3: Self-directed learning following the live session
Approx. 2 hours	3 hours	Approx. 1 hour

Suicide is preventable, yet in England 13 people kill themselves every day – that is approximately one person every 90 minutes. The impact on family, friends, workplaces, schools and communities can be devastating; it carries a huge financial burden for the local economy and contributes to worsening inequalities. Acting to eliminate these preventable deaths is a public health concern nationally and locally. There is no single cause and no single solution to suicide, rather a requirement for joint, collaborative effort using a range of evidence-based interventions, data and a collective drive to eliminate these preventable deaths. Suicide prevention is everyone's responsibility.

This NO MORE Suicide Community Training is aimed at people working in the community on the frontline with regular contact with members of the public.

The aim of the training is to:

- increase your understanding and knowledge of practical suicide prevention techniques.
- recognise risk.
- develop skills to be able to have clear direct conversations.
- know what support is available in your community.