Learning Centre
Queensland Centre for **Mental Health Learning**

QC18 Suicide Prevention Skills: Core (SPS:C)

As of August 2024, this course replaces previous suicide prevention courses QC2/QC32 EARS and QC28/QC35 YEARS.

This course is for all workers who support people at risk of suicide, to build their skills and confidence to compassionately respond to suicidal thoughts and behaviours. The skills, knowledge and models taught in this course are applicable to caring for people across the lifespan.

The course consists of either a full day face-to-face workshop or two half-day online classroom workshops, plus a suite of instructional videos to support understanding of suicide prevention practices.

This course:

- aligns with the 2021 Queensland Health Suicide Prevention Practice Guideline
- develops practice skills and knowledge to compassionately identify, engage, treat and consider transition for those at risk of suicide
- provides participants with the experiential practice in conducting a suicide risk assessment, formulation, safety planning, and a brief intervention for substance use.

Anticipated learning outcomes:

- Gather detailed and valid information about suicide risk using the chronological sequence and questioning techniques within the Chronological Assessment of Suicide Events (CASE) approach.
- Use compassionate actions to relieve a person's suicidal distress and to maintain own wellbeing.
- Formulate a statement of the person's suicide risk using the Prevention Oriented Risk Formulation (PORF).
- Work collaboratively with the person and their support people to develop a safety plan, provide appropriate interventions such as lethal means counselling, and offer a brief intervention for substance use.

When to attend training

- If you support people at any stage of the Queensland Health Suicide Prevention Practice Guidelines.
- Any practitioner who is responsible for assessing suicide risk and in turn manages that person's care within Queensland Health Mental Health, Alcohol and Other Drugs services, including transition or transfer to other agencies.
- If you are an early career clinician requiring practice skills and knowledge to identify, engage, treat and effectively transition those at risk of suicide.

Cost: $250
Queensland Health/QAS - Nil (internally funded)

Mode: Face-to-face/online classroom

Duration: 1.5 hours instructional videos + 1 day (face-to-face) = 8.5 hours active learning for CPD; or 2 x 1/2 days (online) = 9 hours active learning for CPD

Aligned to:

- *Queensland Health Suicide Prevention Practice Guideline (2021)*
- *Better Care Together (2022)*

More options: Supported by QC56 Introduction to Engage, Assess, Respond to and Support Suicidal People (EARS) eLearning.

Queensland Centre for Mental Health Learning
Cnr Ellerton Dr & Court Rd Wacol 4076
ph: (07) 3542 2111 email: qcmhltraining@health.qld.gov.au

West Moreton Health
Queensland Government