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

Non-clinical intervention training

QC31 Supporting a Suicidal Young Person (SSYP)

This one day course is designed to support frontline staff who work with young people who are suicidal or at risk of becoming suicidal. Staff based within schools, recreational programs, foster care or residential services, child protection and youth justice contexts are often the first responders when supporting a suicidal young person. This course bridges the gap between clinical (mental health staff) training and more generalist crisis support training. Informed by contemporary suicide prevention practice this course will provide staff with increased confidence, tools and skills to support a suicidal young person.

The course covers the following key topics:

- identifying and engaging young people who are suicidal
- asking young people directly about suicide
- creating a Safety Plan with the young person
- refering young people to key professionals and supports
- self-care for the worker.

Important: Clinicians/Mental Health Practitioners require more advanced clinical training, please refer to QC18 SPS:C training.

Anticipated learning outcomes:

- reflect on personal values and attitudes about suicide
- use appropriate language and terminology to reduce stigma
- identify effective approaches to build relationships with young people
- apply the Interpersonal Theory of Suicide to understand and respond to suicidal behaviour
- recognise risk factors and warning signs in young people
- utilise practical interviewing skills to ask about suicide
- implement strategies to increase safety and support
- identify and refer young people to appropriate professional services and key supports
- reflect on self-care strategies.

Who should attend training:

Youth workers, School administrators, Foster carers, Counsellors, Guidance officers and other professionals with an interest in youth mental health, who work with young people who are suicidal or at risk of becoming suicidal.

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

Mode: Face-to-face

Duration: 1 day = 7 hours active learning for CPD

Aligned to:
- *Queensland Health Suicide Risk Assessment and Management guidelines (2010).*

More options: Available via online classroom. View QC37 SSYP on our website.

QC56 Introduction to EARS eLearning may also be a helpful add on to this course.

Note: Clinicians, please refer to QC18 SPS:C training.

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