



# Self-harm and Suicide Awareness and Prevention

Level 2 Certificate  
Distance Learning



**Awarding  
Body:**  
TQUK

**Course length:**  
120 Hours

**Mode of study:**  
Distance Learning  
Online

## Course Content

### **Unit 1: Introduction to suicide and self-harm awareness**

- Section 1: Understand what is meant by self-harm and suicide
- Section 2: Understand the triggers which might cause someone to self-harm or attempt suicide
- Section 3: Understand media and societal attitudes to self-harm and suicide

### **Unit 2: Recognising the signs of suicide and self-harm in individuals**

- Section 1: Signs, thoughts, feelings and behaviour
- Section 2: Understand how to initially approach someone who may be self-harming or considering suicide

### **Unit 3: The principles of suicide and self-harm prevention**

- Section 1: Understand the role of conversation in the prevention of self-harm and suicide
- Section 2: Understand the importance of family and friend support in the prevention of self-harm and suicide
- Section 3: Know support and treatment options available to individuals and families in relation to self-harm and suicide

### **Unit 4: Support for individuals when dealing with grief after suicide**

- Section 1: Understand the role of suicide prevention campaigns
- Section 2: Understand the importance of encouraging healthy coping strategies
- Section 3: Understanding grief following suicide and the impact it can have on individuals
- Section 4: Understand the reach of grief following suicide
- Section 5: Understand the importance of support for those affected by grief following suicide

## Details:

This qualification is aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. The knowledge individuals will gain is not sector-specific but can be applied to a broad range of personal and professional situations. Individuals who may find this course useful to their professional life include: teachers, mental health workers, crisis helpline volunteers, support workers, individuals in a safeguarding role, parents or guardians, and others working with individuals who may be at increased risk of self-harm or suicide.

## How to enrol:

### **Email us:**

ref@voncaprecruitment.co.uk

**Phone us:** 01803 422082

**Visit our website:** [www.voncap.co.uk/distance-learning-courses](http://www.voncap.co.uk/distance-learning-courses)

