



Holding Suicidal Conversations

Mental Health & Wellbeing

Suitable for people managers and Mental Health First Aiders who want to enhance their current skills and feel confident in talking about and listening to the extremities of poor mental health.

Suicidal thoughts are much more common than people think. However, huge stigma remains when talking about suicide. People might not view suicide as a workplace issue however employers have a legal duty of care to provide a safe working environment. The Hazards Campaign estimates that 650 work-related suicides happen every year in the UK. That equates to 10% of all suicides. As an employee, manager or HR professional, it can be an extremely difficult and emotional situation when a colleague discloses suicidal feelings. Our course is designed to build confidence in the team to have supportive conversations and to sensitively signpost to the appropriate services.

Course Content

- Module 1 -** The case for understanding the link between suicide and the workplace
- Module 2 -** Roles, responsibilities and Duty of Care: the employer and the Mental Health First Aider
- Module 3 -** The four attitudes towards suicide
- Module 4 -** Supportive conversations: having the confidence to listen and signpost a colleague
- Module 5 -** Knowing when to escalate and de-escalate

Tailor It

Talk to us about customising this workshop to suit your specific business needs

Benefits to the Business

- Support the company's well-being agenda
- Contribute to a safe workplace culture with open discussions
- Recognise the signs early before a serious escalation is required
- Strengthen the skills of your current Mental Health First Aiders by increasing their confidence to listen

Benefits to the Delegate

- Build your confidence to listen to a difficult subject and sign post your colleague
- Understand different suicide attitudes to feel capable in escalating and de-escalating
- Know how to take care of your own mental health and well-being
- Have an appreciation for your company's escalation procedure



HR & Training Solutions for Growth

Leadership, Management and Wellbeing Training

HR Champions Ltd have been delivering Management Development training since the business was established over 20 years ago. We achieved ILM accredited centre status in 2002 and have since supported hundreds of businesses and thousands of delegates. Our courses and workshops, accredited and non-accredited are designed for all levels; for the novice team member, the aspiring manager, the established senior team as well as uniting those levels together with our team based training.

Our training services are complimented by our first-rate HR consultancy. We provide SMEs with HR and Employment Law advice & support from contracts and disciplinaries through to restructuring and redundancy.



I feel confident in having conversations



"The training was very helpful and informative. The information on supportive and well-being conversations was particularly useful. It provided a structure on which I could approach employees who were exhibiting poor mental health signs earlier and intervene before escalation."

Paige - HotelShop UK

An insightful and honest course



"The trainer was fantastic at helping us gain a deeper understanding of the extremities of poor mental health. She was helpful and provided a safe space for asking questions. I now have the tools needed to put together a mental health information packet for my team."

Adam - Hugo Technology

