

🕒 1 day

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
- referring young people to key professionals and supports
- self-care for the worker.

Note: If you are a child and youth mental health practitioner and require more advanced clinical training, please refer to QC28 YEARS 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 individuals with an interest in youth mental health

Category: Un-subsidised

Aligned to

Queensland Health Suicide Risk Assessment and Management guidelines (2010)

Continuing Professional Development

7 Hours
Active learning