QC31 Supporting a Suicidal Young Person (SSYP)

This one-day course is designed to provide participants with skills to identify young people at risk of suicide and gain practical skills to ask directly about suicide.

Distinctly different to the QC28 Youth: Engage, Assess, Respond to, and Support Suicidal People (YEARS), the QC31 SSYP course targets non-clinical workers - it bridges the gap between clinical training and more general crisis support training.

The course covers the following key topics:

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

Continuing professional development information:

Completion of this training activity can be used for continuing professional development points equivalent to 7 hours active learning.
Learning objectives

At the end of the course participants will be able to:

- 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 appropriate professional services and key supports
- reflect on self-care strategies.

For more information about this course, to view the training calendar, or to enrol in training, visit us at:

- www.qcmhl.qld.edu.au
- email: qcmhltraining@health.qld.gov.au
- phone: 3271 8837