

# SUICIDE INTERVENTION TRAINING FOR A SAFER THAMES



## 3 HOUR INTERACTIVE WORKSHOP

### Equipping you to intervene if you encounter a suicidal person

Suicide is the leading cause of death on the tidal Thames, so if you're regularly by the river you might come across someone showing signs of suicidal behaviour. This course will offer you the skills and confidence to initiate and manage a conversation with someone who appears to be feeling suicidal and connect them securely with further support. This three-hour, face-to-face, interactive workshop has been developed by the TSA, with advice from the Tidal Thames Water Safety Forum. You will gain information and advice to give you the opportunity to prepare for the moment when you might need to support someone in distress

### COURSE INCLUDES:

- Information about the risks to human life on the Thames
- Exploration of how to show someone you want to support them
- Do's and don'ts of supporting someone in distress
- Techniques for active, non-judgemental listening
- Discussion of myths and concerns about suicide
- Advice on sign-posting to ongoing support

### FOR MORE INFORMATION

