

# Technical & Vocational

**Course Name**

Managing Suicidal Contacts

**Course Description**

Training specifically for the rail industry, develops the skills and confidence to respond to a distressed person at the initial point of contact, and how to get them to a place of safety before making a sensitive referral to the Samaritans, British Transport Police or other appropriate support services. Focuses on the benefits of a short conversation with someone who may be experiencing suicidal feelings and the techniques required to minimise not only the immediate risk, but also reduce the risk of the person returning at a later point. These emotional health ■first aid skills■ are also beneficial when responding to family members who may visit the location of a loved ones death and when supporting a colleague affected by a suicide incident.

**Audience**

Front line (e.g. Local Operations Managers, Mobile Operations Managers and Managed Stations personnel).

**Duration:** 1 Day(s) **Class Size:** 20

**Competence Name Awarded**

N/A

**Competence Awarded**

N/A

**Course Code**

N/A

**Prerequisite Name**

N/A

**Prerequisite Short Code**

N/A

**Skills Assessment Scheme Regime**

N/A

**Course Type**

Face to Face

**Download Date: 19/5/2024**