

# Level 2 Certificate in Self Harm, Suicide Awareness and Prevention



Course Level: Level 2

Campus: Newcastle

Subject Type: Care, Education, Nursing & Midwifery

## Course Overview:

Explore the complex factors contributing to self-harm and suicide, including risk factors, warning signs and protective factors. Learn evidence-based strategies for prevention and intervention, including crisis management and suicide risk assessment. Develop empathy and communication skills to effectively support individuals at risk and promote mental well-being.

## What's Covered:

This qualification is aimed at anyone over the age of 16 and designed to help educate individuals in how to spot signs of self-harm and suicide early in order to help prevent further harm and advise those in need to seek help.

Topics covered include;

- Introduction to suicide and self-harm awareness
- Recognising signs of suicide and self-harm
- Principles of suicide and self-harm prevention
- Support for individuals when dealing with grief and suicide

## Entry Requirements:

Be working or volunteering in a health and social care environment or other relevant working environment; have a basic level of English in order to complete the written assessments.

This qualification is aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. The knowledge individuals will gain is not sector-specific but can be applied to a broad range of personal and professional situations.

Individuals who may find this self harm training course useful to their professional life include: teachers, mental health workers, crisis helpline volunteers, support workers, individuals in a safeguarding role, parents or guardians, and others working with individuals who may be at increased risk of self-harm or suicide

## Assessment Information:

This is an online learning course and will require the learner to commit to self study hours in order to complete the assessments.

Each learner will be assessed via interactive online resources and end of unit assessment questions. Assessments must be completed in the agreed timescale and submitted to the assessor who will then provide feedback, advice and guidance, and, additional support where needed.

## Fees and Financial Support:

This course is FREE to adult learners aged 19+ who have been a UK/EU Resident for 3 years or more.

## Progression:

There are further Level 2 certificates that you may progress to, which include: mental health problems, dementia care, common health conditions, care planning, autism, learning disabilities, equality and diversity, nutrition, safeguarding. Also you may progress to a Level 2 or 3 Diploma in Adult Health and Social Care or progress on to an apprenticeship within the sector.

## How do I find out more?

For more information, please get in touch by calling Susan Goodwin, Health and Social Care Assessor on 01782 254121 or email [susan.goodwin@nscg.ac.uk](mailto:susan.goodwin@nscg.ac.uk)