

SFA: *LITE*

SFA: Lite training course is suitable for anyone. It aims to teach skills needed to identify someone who may be thinking about suicide, and know where to signpost them for support.



3 hours long (2 x 90-minute sessions)
Online or face to face



SFA: UNDERSTANDING SUICIDE INTERVENTION

This is a more in-depth course suitable for anyone who wants to gain the skills, knowledge and more confidence to identify someone who may be thinking about suicide and competently intervene.



6 hours long (4 x 90-minute sessions)
Online or face-to-face

All training is delivered by local SFA Associate Tutors and is available face to face or online.

For more information and to book your place visit melo.cymru/sfa or scan the QR code for the course.

Suicide First Aid Training (SFA)

A LIMITED NUMBER OF FUNDED
PLACES AVAILABLE!

melo



Did you know that asking someone if they're having thoughts of suicide won't make things worse? **It could save a life.**

Did you know that suicide is **one of the most preventable** deaths and some basic skills can help someone with thoughts of suicide stay safe?



Do you want to help people at risk of suicide and help them **cope better** with their thoughts?

IF SO, THEN SUICIDE FIRST AID TRAINING IS FOR YOU.

If you live or work in **Gwent**, sign up for one of our fully funded evidence based Suicide First Aid training courses.

Suicide First Aid training will equip you with the **knowledge, skills and confidence** to identify someone who may be thinking about suicide and implement techniques to help people with thoughts of suicide to stay safe.

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SUITABLE FOR ANYONE! WANT TO FIND OUT MORE?

See course details on Melo.

