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.



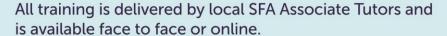
3 hours long (2 x 90-minute sessions)
Online or face to face



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



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!



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.

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.



SUITABLE FOR ANYONE! WANT TO FIND OUT MORE?

See course details on Melo.

