

Samaritans Course Outline

Course Title	Managing Suicidal Conversations – Afternoon half day course
Course Materials	Workbook, pen, Listening Wheel mouse mat, delegate feedback form, signposting card

Objectives

- Show that you can listen.
- Understanding using the Samaritans Listening Wheel.
- Understand the social and economic links to suicidal thoughts and feelings.
- Awareness of suicidal statistic.
- Effectively ending conversations.
- Support or refer someone who is feeling suicidal.

Course Agenda

1 p.m. Registration

1.15 p.m. Course start time

- **Welcome and introduction** *Samaritans videos*
- **A Question of interpretation** *Listening skills workbook exercise*
- **Barriers to listening** *Workbook exercise*
- **Emotional health scale**
- **The Listening Wheel**
 - Techniques for handling emotional conversations
- **Appropriate responses** *Small group exercise*

Coffee break

- **The Listening Wheel** skills practice *Group role play exercise*
- **Suicide awareness**
 - Risks
 - Personality traits
 - Indicators/behaviours
- **Suicide statistics**
- **Suicide myths and facts** *Individual exercise*
- **Ending conversations**
 - Going around in circles
- **Support and sign posting**
 - What is available?
- **End of session summary**

4.15 p.m. Close