

RSPH Level 4 Award in Suicide First Aid

August 2024

Guided Learning: 16 hours

Total Qualification Time: 60 hours

Description:

The objective of this qualification is to provide candidates with an understanding of the factors that may lead to suicide thoughts and behaviours, and knowledge of the key components of suicide prevention.

This qualification is suitable for individuals who have a role in contributing to suicide prevention. This may include workers in the health and social care, education or criminal justice sectors and members of local communities who form part of a network of support within an organised suicide prevention framework.

This qualification reflects courses developed by the National Centre for Suicide Prevention and the Suicide First Aid actions recommended in this specification are in accordance with all associated guidelines.

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Suicide First Aid

Total Unit Time: 16 hours

Guided Learning: 60 hours

Unit Level: 4

Unit reference: SFA1

Summary of Learning Outcomes:

To achieve this qualification a candidate must:

- 1. Understand suicide thoughts and behaviour, its causes and prevalence; *with reference to:***
 - 1.1 Differentiate between various interpretations of suicide behaviour and the outcome of this behaviour.
 - 1.2 Analyse the factors that lead to suicide thoughts and behaviours.
 - 1.3 Interpret information on the prevalence of suicide thoughts and behaviours.

- 2. Understand the role of the Suicide First Aider® in managing suicide interventions; *with reference to:***
 - 2.1 Evaluate the importance of a population-based approach to suicide prevention.
 - 2.2 Explain how professionals and the Suicide First Aider® can work together effectively within a suicide intervention.
 - 2.3 Explain the need to conform to legal and organisational protocols when undertaking suicide interventions.
 - 2.4 Evaluate the importance of local network knowledge in delivering suicide interventions.

- 3. Understand the application of a suicide prevention intervention: *with reference to:***
 - 3.1 Explain the relationship between the components of Suicide First Aid® 3-Step Model of suicide intervention.
 - 3.2 Describe the relationship between what a person with thoughts of suicide needs and how they can be met during an intervention
 - 3.3 Evaluate the use of risk assessment tools in suicide interventions.
 - 3.4 Describe the relationship between Directive and Non-Directive approaches and the possible use of both within an intervention.
 - 3.5 Outline factors that may affect the application of a suicide intervention within a specific industry or population group

4. Know how to reflect on the application and personal impact of suicide interventions; *with reference to:*

- 4.1 Review own attitude and values in relation to suicide intervention
- 4.2 Analyse the need for personal support in managing the role of the Suicide First Aider®
- 4.3 Review own learning needs in relation to suicide interventions

Candidates successfully achieving this qualification will have practical, theoretical or technical knowledge and understanding of Suicide First Aid to address problems that while well-defined, are complex and non-routine. Candidates can analyse, interpret and evaluate relevant information and ideas, they are aware of the scope of Suicide First Aid as an area of study or practice.

Centre and Learner Guidance

Assessment:

This unit will be assessed assignments or portfolio of evidence. Centre-assessed candidate work will be subject to centre assessment standards scrutiny by RSPH. In order to obtain a Pass for the unit, candidates must be able to demonstrate that they have achieved each of the learning outcomes.

Recommended Prior Learning:

There are no recommended prior learning requirements for this qualification.

Useful Websites and Further Reading

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1124845/>

<https://www.tepou.co.nz/uploads/files/resource-assets/media-influences-on-suicidal-behaviour.pdf>

https://www.researchgate.net/profile/Kathryn_Williams2/publication/10991762_The_influence_of_media_on_suicide/links/00b49517a706a0b13d000000/The-influence-of-media-on-suicide.pdf?origin=publication_detail

<https://journalistsresource.org/studies/society/news-media/media-impacts-suicide-research/>

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0181722>

<https://www.jmir.org/2018/4/e129/>

<http://en.wikipedia.org/wiki/Suicide#Epidemiology>

http://whqlibdoc.who.int/hq/2000/WHO_MNH_MBD_00.3.pdf?ua=1

http://www.helpguide.org/mental/suicide_prevention.htm

<http://www.samaritans.org/sites/default/files/kcfinder/files/research/Samaritans%20Suicide%20Statistics%20Report%202014.pdf>

http://en.wikipedia.org/wiki/Suicide_in_the_United_Kingdom

<http://www.samaritans.org/sites/default/files/kcfinder/files/research/Samaritans%20Suicide%20Statistics%20Report%202014.pdf>

http://en.wikipedia.org/wiki/Suicide_prevention

http://www.health.gov.bc.ca/library/publications/year/2007/MHA_WorkingWithSuicidalClient.pdf

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/582117/Suicide_report_2016_A.pdf

<http://gov.wales/docs/dhss/publications/150716strategyen.pdf>

<http://gov.wales/docs/dhss/publications/150716annexesen.pdf>

<http://gov.wales/docs/dhss/publications/150716talken.pdf>

Special Assessment Needs:

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustments and Special Consideration Policy; this is available from RSPH Qualifications and RSPH Qualification's web site (www.rsph.org).

Recommended Qualifications and Experience of Tutors:

All tutors delivering this qualification must have completed the Associate Tutor Training and Development Programme delivered by the National Centre for Suicide Prevention Education and Training.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with RSPH.

Any enquiries about this qualification should be made to:

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