

Skills training in Self-harm and Suicide Prevention

Trainers:

MFT CAMHS and Salford City Council STORM Facilitators

The contents of the course:

The STORM Skills Training course in suicide prevention and self-harm mitigation takes place over 2-days and aims to increase delegates confidence and competence by enhancing the communication skills needed to:

- Engage someone in distress
- To work collaboratively
- Assess vulnerability
- Plan for safety
- Prevent suicide

The training course offer:

The training course is an intensive evidence-based training in suicide prevention and self-harm mitigation. The aim of the course is to develop skills and confidence in order to help people who self-harm focussing on suicide.

The objectives are to:

- Develop a good understanding of self-harm
- Promote a positive and enabling approach
- Develop skills in:
 - Assessment of risk & vulnerability
 - Short term safety planning

The course is divided into modules concentrating on specific elements of suicide prevention. Each module follows the same format and methods:

- Knowledge and skills to be learned
- Active Observation of skills demonstrated using vignettes
- Skills practice (rehearsal) in small groups and filmed pairs
- Self-reflection and structured feedback
- Translation of skills into practice through discussion

Eligibility requirements

The course is aimed at teams and individuals working on the frontline that are in regular contact with children and young people in distress, and/or have vulnerability to self-harm and suicide.

What are the expectations after the training?

You will be expected to attend the full 2-days of training. You will need to participate and fully engage with each module of the course. Part of the course requires you to undertake skills practice sessions, these will be video recorded. These recordings will be used as part of this training cohort to enable observation and discussion of putting learning into practise. Please note that all of the recordings will be deleted at the end of the training course.

Emotional Safety

We acknowledge that suicide and self-harm are emotive subjects, and that the skills-training methods can cause some anxiety. We also acknowledge that this is an intensive course and can be exhausting. We therefore endeavour to provide a safe and supportive learning environment that, whilst encouraging and enabling participants to fully engage in the training, is mindful of and responsive to their emotional safety.

If you feel that this course is not in your best interest at this time, please inform the person organising the training.

Date	Time	
23 and 24 April 2026	9:00am-4:30pm	Booking form

Please note that places are limited; priority for the training is for mental health leads in schools or safeguarding leads in schools, pastoral leads etc. The confirmation email will be circulated approximately 2 weeks before the training session.