**Facilitator schedule for suicide prevention online training – Thursday 28 October 2021**

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| Time | Session | Methodology | Materials |
| 10:00 – 10:40hrs | Introduction – invisible ball throw to introduce each other  Familiarity with functions on Zoom & online safe space  Workshop agenda and flow  Quiz | Interactive games  Lecture  Quiz | Agenda  Quiz questions to be inserted into Zoom |
| 10:40 – 11:00hrs | Terminology and Definitions: suicide, suicidal behaviour, self-harm, suicidal ideation, suicide attempts | Matching statements/ creating a definition – Breakout rooms (5 groups). Plenary feedback on definition | Powerpoint slide 2 |
| 11:00 – 11:20hrs | Suicide rates during COVID-19 pandemic: presentation of research and Movement suicide survey | Participatory lecture | Suicide research – Nottingham Uni & WHO infographic  Powerpoint slides 3 & 4 |
| 11:20 - 11:30hrs | Break |  |  |
| 11:30 – 12:15hrs | Stigma – Barriers to accessing care & support  Overcoming stigma – how can we do it? | Brainstorming & Discussions  Barriers – write in chat  Overcoming barriers – breakout rooms  Video | IFRC PS Centre Suicide prevention doc, p9-10.  Unicef video on Mental Health (SOWC <https://youtu.be/RFu1aFtuboA>) |
| 12:15– 12:30hrs | Hobfoll Principles – how to apply them  Safe Space – active listening, trusting relationships, supportive communication skills | Participatory lecture | Ppt slide with Hobfoll Principle graphic |
| 12:30 – 13:00hrs | Lunch break |  |  |
| 13:00 – 14:00hrs | Safety, Hope, Sense of control, Safe solutions - resources a person can draw upon–  How can volunteers apply these Hobfoll Principles | Video  Group work discussions – breakout rooms (5 groups randomly assigned).  Plenary discussion from groups | Ppt slide with Hobfoll Principles  British RC – Safer conversations video: <https://youtu.be/-3jLiU1FgiQ> |
| 14:00 – 14:15hrs | Social support/ connections | Participatory lecture and interactive individual game (sociogram) | Social mapping/ sociogram, paper, pens/ colouring pencils. |
| 14:15 – 14:30hrs | Break |  |  |
| 14:30 – 15:15hrs | Responding to those who are at risk:  Risk Assessments and Safety Planning | Participatory lecture (30mins)  Role play in pairs in breakout rooms going through a risk assessment (15mins) | Suicide prevention during C-19 IFRC PS Centre document, p27-29  Safety planning cards ppt |
| 15:15 – 15:45hrs | Staff and volunteer care & Supervision  HOW! | Participatory lecture  Write in chat  Self-care exercises | Suicide prevention  IFRC PS Centre document, p16-19. |
| 15:45hrs - 16:00hrs | Wrap Up  Links to further resources/ reading. | Interactive games – ball throw | Links to other resources:  WHO Suicide prevention,  IFRC PS Centre Suicide prevention & Suicide prevention during C-19,  British RC ‘Safe conversations’; UNHCR systematic review of suicide prevention and response. |

**Resources to send participants**

* IFRC PS Centre Suicide prevention during C-19 guidance
* IFRC Suicide prevention guidance
* UNHCR Systematic review of suicide prevention and response in refugee settings
* WHO Infographic
* French Red Cross 15mins e-learning (French): <https://formation-benevoles.croix-rouge.fr/accueillir-une-personne-qui-parle-de-suicide/#/>
* British RC – Safer conversations video: <https://youtu.be/-3jLiU1FgiQ>
* Unicef: SOWC <https://youtu.be/RFu1aFtuboA>

**Participants require:**

* Laptop
* Pens
* Notebook
* A4 paper
* Colouring pencils/ markers
* Camera/ web camera