

Suicide First Aid Lite

2026 / 2027

Training and support

Our suicide prevention courses are designed to provide the confidence and skills needed to talk about suicide and help to prevent it.

The aim is to address the high suicide rates within our area and to tackle harmful stigma.

All courses are certificated, and delivered by experienced trainers licensed by the National Centre for Suicide Prevention.



Orange Button
Community Scheme



SFA
Suicide First Aid

Suicide First Aid Lite



SFA
Suicide First Aid

Duration

Half day (3.5 hours)

Cost

Fully funded for those who live or work in Lancashire or South Cumbria

Attendees

Limited to 20 to ensure a supportive environment

Delivery

Face-to-face and virtual options available

If you would like to book a closed face-to-face or virtual course for your organisation, please contact us at:

training@lancashiremind.org.uk

 **Mind Lancashire**

Suicide First Aid Lite



Training and Support

When training with Lancashire Mind, all learners will receive:

- A Next Steps guide to support best practice that aligns with internal policies and procedures
- Access to the Orange Button Community Scheme
- Vital resources via the Lancashire Mind Information Hub

Description

This half-day workshop provides learners with the confidence and tools to take someone who is experiencing thoughts of suicide from a place of danger and isolation to a place of safety and support.

At the end of the training, participants will be able to:

- Understand the impact of suicide
- Identify the signs that someone may be experiencing thoughts of suicide
- Use a three step approach to supporting someone
- Understand safety planning and recognise the importance of partnership working
- Begin to consider self-care when undertaking suicide prevention

Learner Resources

- Workbook to support and record learning
- Powerful audio-visual course content
- Certificate of attendance
- Hands-on skills practice and development
- Local and national resources and signposting
- Option to join the Orange Button Community Scheme funded by the Lancashire & South Cumbria ICB
- Option to obtain a City & Guilds accreditation (additional conditions and fees applies)

To book your course email or scan QR:
training@lancashiremind.org.uk

