

Have you heard about PIPS Training?

- What?** Preventing Suicide in your Community Training programme has been developed by PIPS, a suicide prevention charity based in Belfast.
- When?** Training lasts 5 hours including breaks and is delivered to suit participants' schedules – either one day from 10am to 4pm or two half days / evenings.
- Where?** Programme venues vary to suit participant's location. Group sizes range from 15 to 30 and venue needs to be big enough to allow participants to move around.
- Why?** The training is aimed at ordinary members of the community because suicide can affect us ALL and suicide prevention should be EVERYBODY'S business. With local people trained to be more aware of the risk of suicide and the sources of help available, the training will make our communities safer. Each training programme is tailored to make it as relevant as possible to participants. This means that statistics, helpline numbers and sources of local support will always be relevant to the area where training takes place and the particular issues affecting that community.

- To reduce the stigma, and the myths, around suicide
- To increase the general public's understanding of Government suicide prevention strategies
- To increase the general public's awareness around the extensive support available to those at risk of suicide
- To help participants identify warning signs that a person may be at risk of suicide
- To develop a clearer understanding of the different groups who may be at higher risk of suicide

- To develop an understanding in the general public that many people who are at risk will not access the help available unless supported in doing so.
- To reduce the fear in the general public of helping someone at risk by providing a listening ear and linking to available help
- To introduce simple ways of developing positive mental health within participants.

- How?** Participants work in groups for discussions, exercises and games. Video interviews, interactive video role-plays, visual games and animated graphics ensure that learning is delivered in a variety of ways.