



HELP for HEROES

SUICIDE AWARENESS AND SELF-HELP START THE CONVERSATION

Help for Heroes believes one life taken by suicide is one too many.

We can all make a difference. By having a conversation, reaching out and saying the word suicide, you could save a life. Research has shown that talking about suicide can reduce suicidal thoughts and lower the chance of someone acting on those feelings.

We're changing the culture to create suicide safer communities for veterans in the UK, by arming people with the tools and confidence to get talking.

Please Note: The courses outlined are not designed for individuals currently experiencing suicidal thoughts.

If you are feeling suicidal, help and support is available right now. You do not have to struggle with difficult feelings alone.

For immediate support in an emergency please call 999.

To access confidential emotional support for feelings of distress, despair, or suicidal thoughts – Samaritans freephone **116 123** (24/7)
or email jo@samaritans.org

SEE THE PROBLEM, SAY THE WORDS, SIGNPOST TO SUPPORT

Course Overview

Developed through our Recovery College, our new course 'Suicide Awareness and Self-Help - Start the Conversation' is designed to help individuals gain the strategies and techniques to talk openly and confidently to someone who may be showing signs of suicidal thoughts or behaviours – or to upskill themselves in case they ever need to have this conversation in the future. There are two versions of the course – one for families and one for veterans. Topics will include: common mental health difficulties; signs and symptoms; self-care; language around suicide; how to have a conversation about suicide; safety planning; and sources of support.

Both courses will be delivered to small groups of 6-8 students over Microsoft Teams by our mental health team and a veteran or a family member with lived experience of suicide.

Families Course

Families are often a key part of a veteran's support network. The families version of the course is for family 'carers', loved ones, spouses, partners and significant others who support veterans. Courses include a one-hour meet and greet session and three 4-hour modules over consecutive weeks.

Veterans Course

We know it's often veterans who spot the signs first when another veteran is struggling. This course will equip veterans to be able to start the conversation about mental health with their peers.

Upcoming Course Dates

Meet & Greet Families Course 6	26/09/2022	1030-1130
Families Course 6 Part 1	03/10/2022	0930-1330
Families Course 6 Part 2	10/10/2022	0930-1330
Families Course 6 Part 3	17/10/2022	0930-1330

Meet & Greet Families Course 7	01/02/2023	1330-1430
Families Course 7 Part 1	08/02/2023	1300-1700
Families Course 7 Part 2	22/02/2023	1300-1700
Families Course 7 Part 3	01/03/2023	1300-1700

Meet & Greet Families Course 8	06/03/2023	1000-1100
Families Course 8 Part 1	13/03/2023	0930-1330
Families Course 8 Part 2	20/03/2023	0930-1330
Families Course 8 Part 3	27/03/2023	0930-1330

Meet & Greet Veterans Course 1	08/09/2022	1000-1100
Veterans Course 1 Part 1	15/09/2022	0930-1330
Veterans Course 1 Part 2	22/09/2022	0930-1330
Veterans Course 1 Part 3	29/09/2022	0930-1330

Meet & Greet Veterans Course 2	17/11/2022	1000-1100
Veterans Course 2 Part 1	24/11/2022	0930-1330
Veterans Course 2 Part 2	01/12/2022	0930-1330
Veterans Course 2 Part 3	08/12/2022	0930-1330

Meet & Greet Veterans Course 3	12/01/2023	1000-1100
Veterans Course 3 Part 1	19/01/2023	0930-1330
Veterans Course 3 Part 2	26/01/2023	0930-1330
Veterans Course 3 Part 3	02/02/2023	0930-1330

Meet & Greet Veterans Course 4	30/01/2023	1000-1100
Veterans Course 4 Part 1	06/02/2023	0930-1330
Veterans Course 4 Part 2	20/02/2023	0930-1330
Veterans Course 4 Part 3	27/02/2023	0930-1330

Eligibility

Our Families Course is open to family carers, loved ones, spouses, partners and significant others who support a veteran or a service person currently transitioning out of the Armed Forces. Our Veterans Course is open to all veterans.

How to join

You can sign up by emailing getsupport@helpforheroes.org.uk – using either ‘Suicide Awareness Course (Families)’ or ‘Suicide Awareness Course (Veterans)’ as the subject line.

FAQs

- Q:** I am a veteran myself, but I am also supporting a member of my family who is a veteran – which course should I attend?
- A:** The families course is most suitable if you are a veteran living with another veteran or are close family members.

- Q:** Why have you launched the families course first, rather than the veterans course?
- A:** Our new Recovery College courses are based on an existing intervention programme to help family members encourage a struggling veteran to access mental health support. We therefore developed the family version first for speed, and to give ourselves the time to get the veteran version of the course right. Both courses are aimed at getting at-risk veterans the support they need sooner and help create suicide safer communities.
- Q:** Is this a new permanent course for Recovery College?
- A:** Currently we have funding for the courses listed, thanks to the Armed Forces Covenant Fund Trust. If the courses are successful, we would like to make the course permanent, but we would need to raise additional funding.
- Q:** Will the course be like therapy? Will I have to talk about my personal experiences?
- A:** No, the course is not therapy or counselling. It is intended to be positive, supportive, and part of a suite of suicide awareness training tools, like mental health first aid training.

Whilst we will be discussing a difficult topic, the course has been designed in a sensitive way, without any graphic discussions/details. We will not be asking people to share any personal experiences.

Online Suicide Awareness Training



Working with Zero Suicide Alliance (ZSA), we have also designed online Suicide Awareness Training to help you recognise signs that a veteran is struggling, arm you with the confidence to act, and equip you with the tools to signpost to the right services.

Featuring scenarios, real life stories and resources that will help guide you through what to do, should the situation arise. The training only takes 30 minutes and can be done in your own time, as it's always available on our website. The two courses build upon the themes in this online training, so we recommend that you complete the training prior to joining one of our 'suicide awareness' courses.



To access the online training and more information visit:

<https://www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/suicide-awareness-training/>

Our partnership with ZSA has been made possible by funding from the Armed Forces Covenant Fund Trust as part of their 'One is Too Many' Programme.

 **THE ARMED FORCES
COVENANT FUND TRUST**

