

Am I Suitable?

I am keen to learn about suicide prevention and the steps that I can take to help keep someone safe.

⇒ I help people in a professional or volunteer role **and/or;**

⇒ I am a caring family member, neighbour, or friend **and/or;**

⇒ I am based in a ; community, sports, church, youth, person-centered, statutory environment **and/or;**

⇒ I work in the third sector offering support services **and/or;**

⇒ I work in the private sector in a HR, supervisory, helping or supportive role.

I am aged 18 years or over

I am living or working in Northern Ireland

I am emotionally ready

- I understand that Suicide Prevention Awareness training is potentially triggering
- I am confident in my ability to cope with the content of the training
- I will take steps to keep myself emotionally safe during training
- I understand that best practice advises that people who have been bereaved by suicide or by any other traumatic death within the last 6 months, should not attend
- I have read and understand the [How to Participate Group Agreement](#)
- If I need support, I know that I can reach out for help to Lifeline: 0808 808 8000