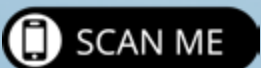



Suicide Prevention and Postvention readiness pack 2024-2026

For Education settings in Hertfordshire



www.hertfordshire.gov.uk





This pack has been developed in partnership with Children and Young People (CYP) Mental Health Services, and system professionals to provide education settings in Hertfordshire with information and resources required to support the wellbeing of any member of the school community, students, and staff in the event of suicide attempts and deaths by suicide.

This pack is accompanied by the **Hertfordshire Suicide Aware Prevention Intervention and postvention Charter** document and **Suicide Aware Prevention and Postvention Policy guidance**.

Contents

01 Suicide attempt support | 2

02 Death by suicide support | 7

03 Communications for parents/carers following an incident template letter | 9

04 Communications for staff following an incident template letter | 10

05 Safety plan template | 11

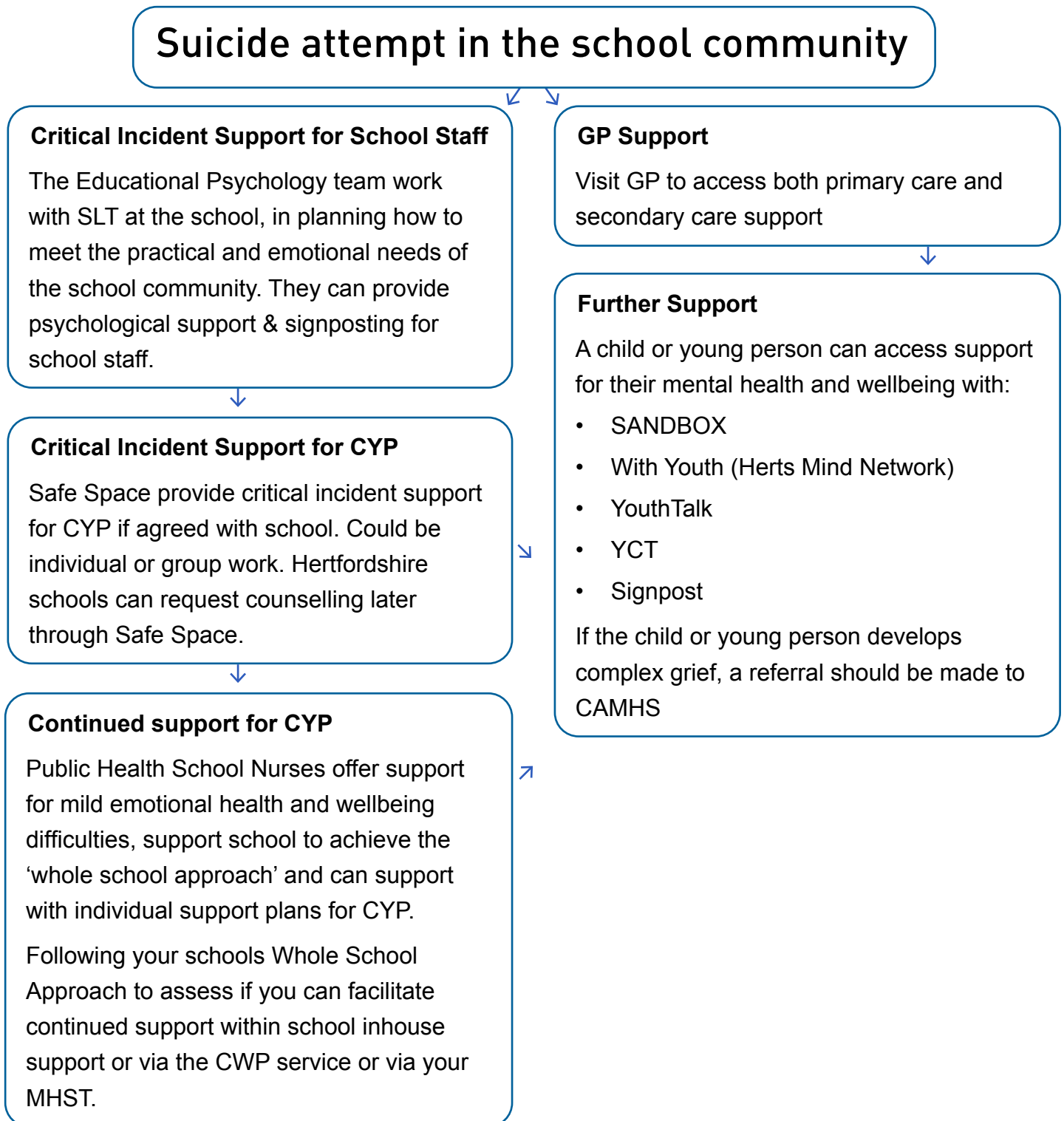
06 Staff wellbeing | 18

07 Parent/carer wellbeing support | 19

08 Staff training (suicide prevention and mental health training) | 21

01 Suicide attempt support

Visual of support for suicide attempts:



Contact and referral guidance for services sighted in visual: Critical incident support

Educational Psychology provide support to schools following a critical incident within a day of contact. They discuss the needs of the school with the Senior Leadership Team to plan how to meet the practical and emotional needs of the school community. The Educational Psychology service can offer support to all staff members.

Contact:

East Herts, Broxbourne, Welwyn and Hatfield:

01992 5569988 / EHBROX.ISLTEAM@hertfordshire.gov.uk

North Herts and Stevenage:

01438 843379 / NHSTEV.ISLTEAM@hertfordshire.gov.uk

St Albans and Dacorum:

01442 453904 / STADAC.ISLTEAM@hertfordshire.gov.uk

Watford, Three Rivers and Hertsmere:

01442 453043 / WAT3RIV.ISLTEAM@hertfordshire.gov.uk

For more information about the support available through this offer, and supportive resources, please refer to this webpage.

[Emotional support for critical incidents - Hertfordshire Grid for Learning \(thegrid.org.uk\)](https://thegrid.org.uk)

Safe Space provide initial crisis response by offering free crisis support for the pupils within your school.

Contact: 01992 588796 / safespacemailbox@hertfordshire.gov.uk

Public Health School Nurses are able to provide support for mild emotional health and wellbeing difficulties for pupils.

For example, they support with individual support plans for CYP. They are positioned to support school to achieve the 'whole school approach'.

Contact: Duty Line: 0300 123 7572

For more information about their service and support available:

[Service details | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](https://hct.nhs.uk)

Mental Health Support Teams (MHST) work closely with the mental health lead in your school and provide support for mild to moderate emotional health and wellbeing difficulties on a targeted and non-targeted basis. If your school is linked with an MHST, discuss the support they can provide to your community.

Children Wellbeing Practitioner (CWP) service support 5-19 year olds who are registered with a GP in Hertfordshire or attend an education establishment in Hertfordshire. To be eligible for the service, the child or young person needs to be presenting with mild to moderate anxiety, low mood or behavioural difficulties where there is no to very low risk.

Interventions differ depending on whether the child/young person is primary school or secondary school/college age.

Interventions for 5 –11 year-olds: Anxiety and behavioural difficulties

Interventions for 11–19 year olds: Anxiety and low mood

Contact: hct.cwp@nhs.net

For more information and access to the referral form, please go to

[Service details | Hertfordshire Community NHS Trust \(hct.nhs.uk\)](#)

Commissioned further support: (for any child or young person who is a resident of Hertfordshire or registered with a Hertfordshire GP)

WithYouth: Hertfordshire Mind Network provides emotional wellbeing and mental health digital service for 5-18 year olds, including instant messaging, one-to-one support, groups, downloadable resources and app-based therapeutical game - Lumi Nova for 5-12 year olds. To speak to a member of the team please call 020 8189 8400, or message through the website during the opening hours - 2pm - 10pm.

For more information about this service please scan QR code or visit <https://www.withyouth.org/>



The Sandbox: Mindler UK provides a digital emotional wellbeing and mental health service for 10-25 year olds. Based on a triage of the young person's needs, support ranges from one-to-one digital support from professional therapists, downloadable resources, social media, interactive games, LiveChat and online events, as well as internet enabled Cognitive Behavioural Therapy (iCBT).

- Website: 24/7
- Care Coordination and Live Chat: 10am-8pm Mon-Fri
- Therapy sessions: 7am – 10pm Mon-Friday and 10am – 10pm Saturdays and Sundays

For more information about this service please scan QR code or visit <https://thesandbox.mindler.co.uk>



YCT is a charity able to offer therapeutic support to children and young people aged 10-19 years in Hertfordshire. The service offers 1-1 counselling via telephone, zoom or face-to-face appointments which are available in Ware, Bishops Stortford, Turnford, Hooedesdon and Stevenage.

Please complete the online referral form - <http://www.yctsupport.com/refer> or call them on 01279 414090



Youth Talk Counselling Service can support young people aged 13 - 25.

<https://www.youthtalk.org.uk>

Tel: 01727 868684

Email: info@youthtalk.org.uk.

This service can support a wide range of issues that can be discussed in confidence with a professional counsellor. Youth Talk offer face to face and virtual appointments as well as group therapy.

Signpost counselling supports children and young people aged 10-25 years. As a service Signpost offer face to face sessions and remote sessions via telephone or Microsoft Teams, as well as therapy groups. Signpost counsellors can support a wide range of issues that can be discussed in confidence with a professional counsellor. Please visit the website where you can learn more and if desired, complete a self-referral for support.

Please see website for further details -

<https://oneymca.org/signpost-home-page/signpost-form-landing-page/>

or contact Signpost on 01923 239495.

The office is open:

- Monday 9am – 5pm,
- Tuesday 9am – 8pm
- Thursday 9am – 5pm.
- Friday 9am – 5pm

Step2 (HCT) is an early intervention child and adolescent mental health (CAMHS) service. They offer brief, goal focused interventions for mild to moderate mental health difficulties in 0-19 year olds in Hertfordshire. Young people should already have accessed specific help for their mental health prior to referral (which may include input from their health visitor or school nurse, counselling or group work). They offer either group or 1:1 intervention, and this will depend on the nature of young people's difficulties.

They also offer a screening service for suspected Attention Deficit Hyperactivity Disorder (ADHD) for young people who have a GP in West or South Hertfordshire - for more information see the Making a referral section.

For children in East and North Herts please see

<https://www.enherts-tr.nhs.uk/services/adhd-add/referral-information/>

02 Death by suicide support

Death by suicide in the school community

Critical Incident Support for School Staff: The Educational Psychology team work with SLT at the school, in planning how to meet the practical and emotional needs of the school community. They can provide psychological support & signposting for school staff.

Critical Incident Support for CYP: Safe Space provide critical incident support for CYP if agreed with school. Could be individual or group work. Hertfordshire schools can request counselling later through Safe Space.

Continued support for CYP : Public Health School Nurses offer support for mild emotional health and wellbeing difficulties, support school to achieve the 'whole school approach' and can support with individual support plans for CYP. Can offer a clinic in school for students who may need support, signposting, and referral once Ed Pysch have withdrawn. Continued wellbeing support can be provided by your MHST or CWP.

GP Support: Visit GP to access both primary care and secondary care support

Suicide Bereavement Service: CHUMS is commissioned to provide all age bereavement support in Herts.

Support from professionals with postvention training

CYP can meet with a professional who is postvention trained to provide basic support for their bereavement, signposting and support a referral (if requested) to the all-age suicide bereavement service.

Support will be provided either in school or in the community.

Professionals who can provide this support are:

- Mental Health Support Teams
- Family Support Workers
- Services for Young People
- Safeguarding / Rapid response team
- Police family liaison officer
- Children's Services (The Gateway/ existing allocated social worker)
- Public Health Nurses
- School Pastoral Team
- Mind In Mid Herts / Herts Mind Network
- The OLLiE foundation
- Hectors House

Further Support: A child or young person can access support for their mental health and wellbeing with: SANDBOX / With Youth (Herts Mind Network) / YouthTalk / YCT / Signpost

If the child or young person develops complex grief, referral should be made to CAMHS

Contact and referral guidance for services sighted in visual:

(for details on critical incident support and further commissioned support, please refer to pages 3-5)

Suicide Bereavement support: CHUMS are commissioned to provide free and confidential suicide bereavement support to all affected by suicide in Hertfordshire. They have a range of support available via a self-referral form (scroll to bottom of page for form)

[Hertfordshire and West Essex Suicide Bereavement Service \(chums.uk.com\)](https://chums.uk.com)

Herts Mind Network offer a range of resources, wellbeing supports, and training courses for professionals, pupils and parents/carers. For further information on training and school support see website links. .

[Training and workshops - WithYouth / Support for schools - WithYouth](#)

The OLLiE Foundation is a suicide prevention and wellbeing charity providing a wide range of supports from training and workshops to resources for education settings and individuals in Hertfordshire. For more information [Support for Educators - The OLLIE Foundation](#)

Hectors House is a diverse suicide prevention charity that aims to prevent suicide and mental health stigma through education, awareness and support. With a range of support available from resources, guidance contact, signposting, delivering wellbeing workshops in schools and workplaces. Contact: hihector@hectorshouse.org.uk or fill out the form on their website.

Find out more at [Hector's House Home - Hector's House \(hectorshouse.org.uk\)](#)

03 Template letters

Communications for parents/carers following an incident.

Dear Parents/carers of [School name],

It is with great sadness that I inform you of the death of (pupil/teachers name), one of our year (X) students/ teacher of (insert subject or year). (Insert appropriate details about the death that have been approved by the family for release to community.)

For those of you who knew (pupil/ teachers name), we ask that you remember and celebrate their (insert some of the pupil/teacher's positive character traits).

For those of you who did not know (pupil/teachers name), we ask that you respect our sadness and support us with your understanding.

It is very difficult for all of us to face the death of a young person/teacher.

As a school, we are being supported by [insert organisation names] who will be supporting the pupils and staff in school. Pupils who need additional support should contact their form tutor or pastoral lead.

Your child may be coming home with questions and worries about this loss. We have enclosed some suggestions that may prove helpful to you as you discuss (pupils / teachers name) death. Please feel free to contact the school if you have an issue you would like to discuss.

I know you join me in extending our heartfelt sympathy to (pupil/ teachers name)'s family.

When we receive word regarding funeral arrangements, I will share the information with you. Again, please do not hesitate to contact the school at (telephone number) if you have any concerns or questions.

04 Template letters

communications for staff following an incident

Dear (schools name) staff,

It is with great sadness that I inform you of the death of (pupils/ teachers name), one of our year (X) students/ Teachers of (insert subject or year). (Insert appropriate details about the death that have been approved by the family for release to community.)

For those of you who knew (pupils/ teachers name), we ask that you remember and celebrate their (insert some of the pupils/teachers positive character traits). For those of you who did not know (pupil/teachers name), we ask that you respect our sadness and support us with your understanding.

It is very difficult for all of us to face the death of a (young person/ teacher). I would like to take this time to remind you of the support we have available to you [insert organisation names].

We will be hosting an all-staff meeting [Date, time] to share our plan for supporting our school through this distressing time.

05 Safety plan template

Safety Plan - for children / young people in education who have suicidal thoughts and or plans or have made a suicide attempt.

This plan is to be made in collaboration with school staff, the pupil and their family to enable the pupil to feel safe in their education setting and reduce risk to a manageable level.

Adopted from Hertfordshire County Council's model Safety & Support Plan

Pupils name	
Date of Birth	
Education Setting	
Date of plan	
Author/s	

What is a Safety Plan?

The safety plan is not a legal document. It is a voluntary tool that the school or college can use to engage a pupil and their parents and carers to identify any concerns or aspects of vulnerability and agree on support strategies that can be put into place to minimise any potential risk to the child/young person or others.

A safety plan is written when a person is not experiencing intense suicidal thoughts. It may be written after a suicidal crisis, but not during, as at this time an individual can become overwhelmed and may not be able to think clearly about their own safety.

The aim is to ensure that a child or young person has the opportunity to express their wishes and feelings and be enabled to say how they may be assisted to feel supported and safe within their education setting.

The plan will often require the support and cooperation of parents/carers. The development, implementation and review of this document is the responsibility of the school, pupil and parents or carers.

Timeline of the Safety Plan

When it has been identified that one of your pupils is vulnerable to suicide, there should be a proactive and sensitive approach to allow a safety plan to be developed as quickly as possible.

1. School staff meet with pupil, parents/carers to discuss the plan and the reasons for this. Discussions should include whether the pupil already has an existing personal safety plan and what from this, can be incorporated into a safety plan in education. Consideration will be given to whether any additional internal or external CYPMHS services are involved and what additional support is required.
2. Safety Plan is finalised and shared with the pupil and parents/carers. At this stage, the parents/carers and the pupil provide any further feedback as to the use of the plan. Once completed, all parties sign the plan to confirm agreement.
3. All participants in the plan will receive a signed copy for their records. It is advised that the pupil keeps their safety plan with them when they are in school or college to access the information readily if they need to execute their plan.
4. School will use a chronology to record any incidents/events that are relevant to the plan
5. As part of the plan, agreement will be made as to when the plan will be reviewed, and regular review meetings will be held.
6. At the review meetings, the following will be assessed.
 - a. Has the plan been used and how effective did all parties feel it was?
 - b. Does the pupil feel the plan is still accurate to their needs?
 - c. Has there been any changes in level of need?
 - d. Have any of the risks escalated/deescalated?
 - e. Has there been any changes such as staff or policies in school or college which impact the plan?
 - f. Will the plan continue, or will this be closed?

Safety Plan

Pupil Name		Year Group	
Form Group		Date of plan	
Reason for the plan			
STEP 1 – Getting through right now. (List things that mean something to you e.g., people, pictures, pets, songs, helpful thoughts, quotes, songs)			
STEP 2 – What are my triggers or warning signs that a crisis may be developing? (Thoughts, mood, situations in or outside school/college, behaviours)			
STEP 3 – Right now, how can I make my situation safer?			
Do I have any internal coping strategies? e.g. relaxation techniques, physical activity?			
What have I done in the past that has helped?			
Is there a place I can get to easily that makes me feel safe?			
Who can I trust that can help me get to a place of safety?			
Is there anything I can remove that I may use to hurt myself and give to a trusted person?			

Pupil Name		Year Group	
STEP 4 – Who are the people I can ask for help in school or college and where will they be? (Try to have a list of at least 3-5 which include a trusted friend, school staff and family member/carer)			
1.			
2.			
3.			
4.			
5.			
STEP 5 – When I have found a trusted person and a safe place to be in school or college, what can help me feel less distressed, calmer and take my mind off things? E.g., calming activities or those that keep me busy, positive reminders of life, faith or religion			
Next steps – school/college agree with pupil and family what steps are to be taken if a situation occurs where a safety support plan is in action. What family members/carers can be contacted (list names and contact details) Does the pupil want/feel safer to go home or stay in school and is there someone at home who can care for them? What external professionals can or need to be contacted (list names and contact details)			
Review process			

Considerations for plan:

Who is responsible for communicating with parents/carers and external agencies?
Who will be responsible for liaising with and supporting the pupils' needs?
What coping mechanisms and strategies will be put in place to ensure the student knows how to remain safe?
How will incidents be recorded and reported to parents/carers and other professionals?
What support will the family be receiving to enable them to support their child?
Any inclusion/diversity/cultural factors that need to be considered?
How will the students education/timetable help ensure they remain safe?
What will be the immediate steps/response taken if further incidents occur?
How often will this be monitored and by whom?
Who will this be shared with?

Consent and Agreement of the Plan

Name	Role/Position	Signature	Date
	Parent / carer		
	Pupil		
	Head teacher		
	Deputy head teacher		
	DSL		
	Author		
	Additional agencies		

Safety Plan Review Meeting

Date of meeting		Time	
Location			
Attendees			
Overview of discussion			
Summary of any incidents that have occurred since the previous meeting			
Any additional support to be put in place or changes to the plan?			

Plan to continue Yes / No **Date of next review:** _____ **Time:** _____

Signed Parent: _____

Signed Student: _____

Safety Plan Review Meeting

Date of meeting		Time	
Location			
Attendees			
Overview of discussion			
Summary of any incidents that have occurred since the previous meeting			
Any additional support to be put in place or changes to the plan?			

Plan to continue Yes / No **Date of next review:** _____ **Time:** _____

Signed Parent: _____

Signed Student: _____

Other individual safety plan recommendations:

There are multiple organisations that offer safety plans for individuals following thoughts of or attempts of suicide. A few that we recommend suggesting to individuals are:

- [My Safe Plan - The OLLIE Foundation](#)
- [Staying Safe](#) (either a digital or downloadable version)
- [Using Safety Plans | Suicide Safety Plan | Papyrus UK \(papyrus-uk.org\)](#)

06 Staff wellbeing

Staff wellbeing is paramount, particularly when navigating distress from incidents of suicide attempts and deaths of individuals within the school community. Below is a list of adult wellbeing services in Hertfordshire for you to share with your staff.

Suicide Bereavement support: CHUMS are commissioned to provide free and confidential suicide bereavement support to all effected by suicide in Hertfordshire. They have a range of support available via a self-referral form (scroll to bottom of page for form)

[Hertfordshire and West Essex Suicide Bereavement Service \(chums.uk.com\)](https://chums.uk.com)

Cruse Bereavement Support is a UK bereavement charity that provides support for individuals who are grieving when they need it. With a free call line for all to access **0808 808 1677**.

For more information on their support: [Home - Cruse Bereavement Support](#)

Education Support: The UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities. They offer a range of support, inclusive of a free 24/7 support line managed by counsellors with education experience and understanding, for all education staff. **08000 562 561**

For further information on their services and resources:

[Education Support, supporting teachers and education staff](#)

Talking Therapies: The NHS Talking Therapies Service offers free and confidential talking therapy and practical support for Hertfordshire residents (age 16+) experiencing a wide range of mental health problems such as: worry, low mood, insomnia and stress.

For further information and referral process:

[Homepage | HPFT IAPT Services \(hpft-talkingtherapies.nhs.uk\)](https://hpft-talkingtherapies.nhs.uk)

Together All is a clinically moderated and anonymous peer-to-peer online community for mental health and wellbeing support. It is available to all Hertfordshire residents age 16+. Together all provide resources, and assistance with a range of presenting issues. [Togetherall](#)

Herts Mind Network provide a diverse range of services from our eight Wellbeing Centres and other venues across the county, to support positive mental health and wellbeing

[Services For Adults | Hertfordshire Mind Network \(hertsmindnetwork.org\)](https://hertsmindnetwork.org)

The OLLIE Foundation: Is a suicide prevention and wellbeing charity providing a wide range of supports from guidance and advice to training and workshops, and resources. For more information [Support for Educators - The OLLIE Foundation](#)

07 Parent/carer wellbeing

We know that parental mental health and wellbeing can have an impact on young people's wellbeing, and incidents of suicide can have a widespread impact to all of those within the school community. Below are some of the services available to support parent wellbeing, for you to share with your parent/carers.

Hectors House is a diverse suicide prevention charity that aims to prevent suicide and mental health stigma through education, awareness and support. With a range of support available from resources, guidance contacts, and signposting.

Find out more at [Hector's House Home - Hector's House \(hectorshouse.org.uk\)](https://hectorshouse.org.uk)

NESSie: Supporting Mental Health of Children and Young People, Parents and Carers in a range of ways via early intervention and signposting:

- Parent Support line: **07932 651319** (open Thursdays 9am-12noon or by appointment)
- Private moderated Facebook support group: NESSie Parent/Carer Support Group
- 1-1 support and advice sessions
- Peer support groups
- 'Drop In and Chat Coffee Mornings' where parents/carers can discuss anything and everything.

For more information on support and access forms:

[Parents/Carers landing page - NESSie IN ED, CIC](#)

Talking Therapies: The NHS Talking Therapies Service offers free and confidential talking therapy and practical support for Hertfordshire residents (age 16+) experiencing a wide range of mental health problems such as: worry, low mood, insomnia and stress. For further information and referral process: [Homepage | HPFT IAPT Services \(hpft-talkingtherapies.nhs.uk\)](https://hpft-talkingtherapies.nhs.uk)

Together All is a clinically moderated and anonymous peer-to-peer online community for mental health and wellbeing support. It is available to all Hertfordshire residents age 16+. Together all provide resources, and assistance with a range of presenting issues. [Togetherall](#)

Carers in Herts provide a Monthly support group for parent/carers who have CYP currently supported by STEP 2, HPFT CAMHS and inpatient services.

Suicide Bereavement support: CHUMS are commissioned to provide free and confidential suicide bereavement support to all effected by suicide in Hertfordshire. They have a range of support available via a self-referral form (scroll to bottom of page for form)

[Hertfordshire and West Essex Suicide Bereavement Service \(chums.uk.com\)](https://chums.uk.com)






































































































Cruse Bereavement Support: A UK bereavement charity that provides support for individuals who are grieving when they need it. With a free call line for all to access **0808 808 1677**.

For more information on their support: [Home - Cruse Bereavement Support](#)






The OLLiE Foundation: Is a suicide prevention and wellbeing charity providing a wide range of supports from guidance and advice to training and workshops, and resources. For more information [Support for Parents and Carers - The OLLIE Foundation](#)

Hertfordshire Children and Young People's Mental Health Service Directory

The services below provide a combination of early intervention and more specialist support for children and young people's mental health. Click the service name to be redirected to more information.

Chathealth 0-5    	PALMS   
Chathealth 11-19    	Safe Space   
Children's Crisis Assessment and Treatment Team   	School Nurses and Duty Line    
Children's Wellbeing Practitioners   	Services for Young People   
CHUMS Bereavement Support   	Signpost    
Educational Psychologists 	Single Point Access (SPA)    
Families First   	Specialist CAMHS   
First Steps ED    	Spectrum Family and Young People's Service    
Health for Kids 	Step 2   
Health for Teens 	The Sandbox    
Herts Haven Cafés   	The Toolbox (Neurodiverse)    
Just Talk 	Togetherall 
Just Talk Ambassador Scheme 	WithYOUth    
Lumi Nova    	YCT Counselling    
Mental Health Support Teams in Schools (MHSTs)   	Youth Talk Counselling    
NESSie Parenting    	Young Minds Parent Helpline  
NHS Talking Therapies    	



-  Telephone service  Online/virtual service
-  Face to face service  Referral required
-  Includes support for early years

Reaching developmental and emotional milestones, learning healthy social skills and how to cope when there are problems. Mentally healthy children have a positive quality of life and can function well at home, in school, and in their communities.

Difficulties with normal life problems, poor self confidence, low self esteem, low aspirations, difficult family relationships, poor peer relationships, experimental substance misuse, bereavement, poor concentration, difficulty sustaining relationships, some worries, low mood.

Many worries, high levels of anxiety, persistent low mood, body image concerns, behaviour puts peers at risk, persistent or high risk substance misuse, risk taking behaviour, unable to display empathy, difficulty coping with anger or frustration, bereavement by suicide/suspected suicide, withdrawn or unwilling to engage, disruptive or challenging behaviour, unable to maintain peer relationships (bullying, bullied or aggression etc).

Mental health problems which are:

- Persistent, complex and severe
- Present in all environments (home, school, with peers)
- Beyond a normal response to life's problems

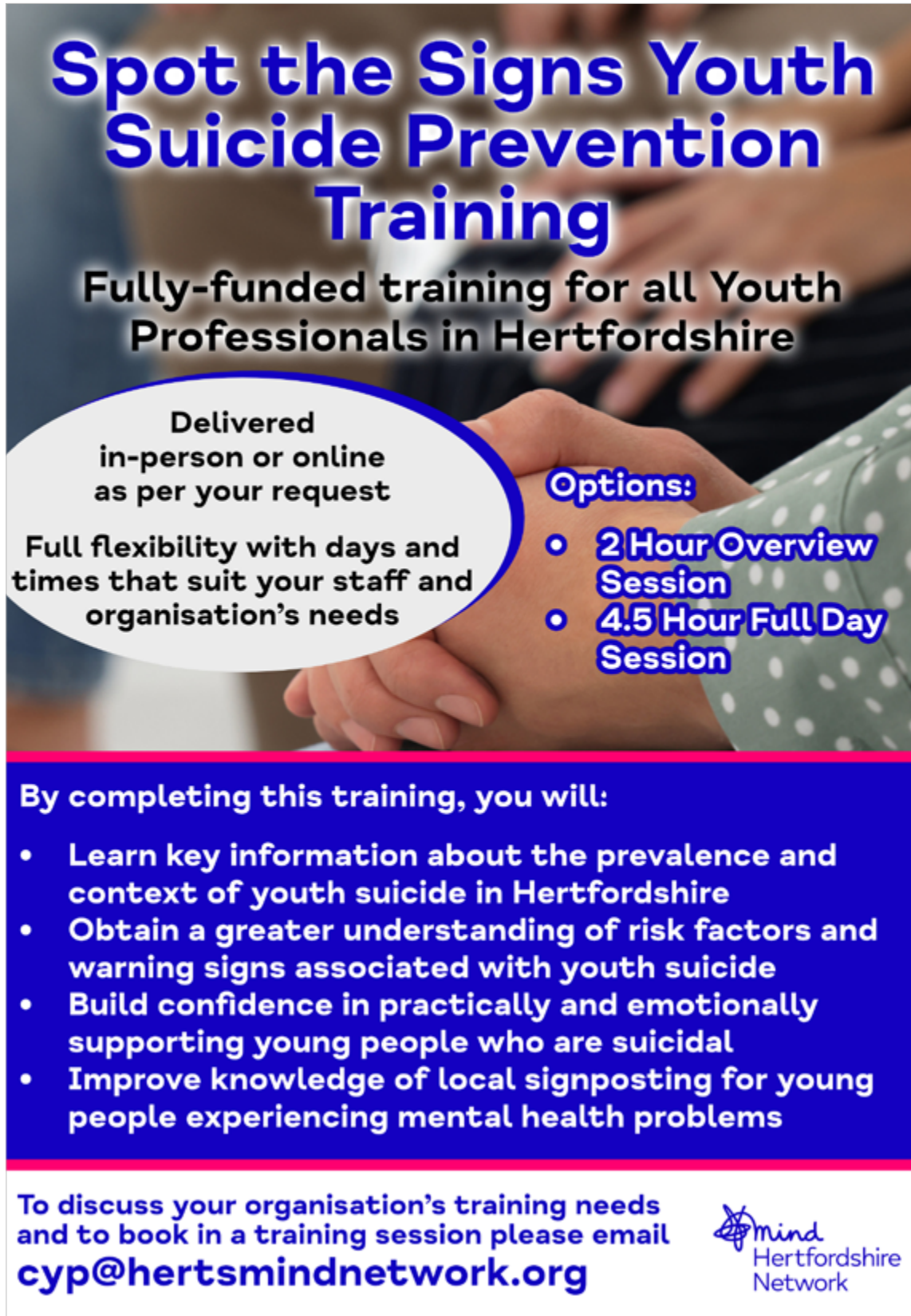
Deliberate self harm requiring hospital treatment, suicidal ideation with imminent plan and means, psychotic episode (hearing unexpected voices, unrealistic or racing thoughts not related to physical or substance misuse), intentional overdosing, persistent inability to engage with services or support offered, risk taking behaviour with no underlying mental health disorder, unresponsive to treatment and continuing to decline.

If you have any suggested changes to the directory, please email shelley.woods@hertfordshire.gov.uk

08 Suicide prevention training

For professionals working with youths

In Hertfordshire school professionals are able to access fully funded Suicide Prevention training, developed to educate and support you spot the signs of youth suicide.

A promotional poster for 'Spot the Signs Youth Suicide Prevention Training'. The background is a blurred image of hands being held together. The text is in various colors and fonts, including blue, black, and white. There are two callout boxes: one white with a blue border and one blue with a white border. The poster includes details about delivery options, session lengths, and a list of learning outcomes. At the bottom, there is contact information and the Mind Hertfordshire Network logo.

Spot the Signs Youth Suicide Prevention Training

Fully-funded training for all Youth Professionals in Hertfordshire

Delivered in-person or online as per your request

Full flexibility with days and times that suit your staff and organisation's needs


Options:

- **2 Hour Overview Session**
- **4.5 Hour Full Day Session**

By completing this training, you will:

- **Learn key information about the prevalence and context of youth suicide in Hertfordshire**
- **Obtain a greater understanding of risk factors and warning signs associated with youth suicide**
- **Build confidence in practically and emotionally supporting young people who are suicidal**
- **Improve knowledge of local signposting for young people experiencing mental health problems**

To discuss your organisation's training needs and to book in a training session please email cyp@hertsmindnetwork.org

 **Mind Hertfordshire Network**

There is wider suicide prevention training available across the county, this is aimed at adult wellbeing and suicide.

Please see below for more training information and see attached flier detailing 'Suicide Prevention Simulation Training'.

Hertfordshire

Spot the Signs Training

To book a place visit <https://www.eventbrite.co.uk/o/spot-the-signs-and-save-a-life-18307455358>

Samaritans Online Suicide Intervention Training

To book a place visit <https://www.eventbrite.com/cc/sign-up-for-free-suicide-prevention-training-207849>

National

ZSA Suicide Awareness Training

[Welcome to the Zero Suicide Alliance \(ZSA\)](#)

NHS We need to talk about suicide

[We need to talk about suicide \(nwyhelearning.nhs.uk\)](#)

It is recommended prior to attending simulation training, the relevant pre requisite training for your organisation and role are completed.

HPFT Suicide Prevention Simulation Training

Once you have completed any prerequisite training courses you will be eligible to attend Suicide Prevention Simulation training at HPFTs Simulation Hub. The Simulation Hub is an innovative training facility which places staff in an environment accurate to scenarios they would face in real life (whether on ward or in the community) alongside trained actors who take on the roles of service users.

The training provides staff with a safe, judgement-free, practical space that is almost identical to the working environment, recreating the kinds of challenges that can occur in normal day-to-day work.

In person and virtual attendance is available. For more information please see attached flier and [HPFT Simulation Hub - Youtube](#)

To book a place <mailto:hpft.simulation@nhs.net>

Further mental health training available

Hertfordshire's MHL training is available to all education settings in Hertfordshire, there are introduction, refresher training and thematic workshops throughout the academic year.

Contact hweicbhv.schoolsmh@nhs.net for more information on the training and to access this academic years training dates.

Youth Mental Health First Aid (MHFA) training: 1-day MHFA Champion or 2-day First Aider course available for education professionals.

Contact hweicbhv.schoolsmh@nhs.net for more information on the training and to access this academic year's training dates.

The OLLiE Foundation offer a range of comprehensive training courses for professionals covering suicide prevention, intervention and postvention training. For more information visit [Support for Educators - The OLLIE Foundation](#)

- Safer Prescribing training: Their safer prescribing work is dedicated to safeguarding young people and ensuring their well-being throughout the medication journey. For more information visit [Prescription Safe Plans - Training for Educational Settings \(theolliefoundation.org\)](https://theolliefoundation.org)

Hertfordshire Safeguarding Childrens Partnership host a multitude of training throughout the academic year that is useful to look out for. Particularly the courses:

- Self-harm in Children and Young People
- Anxiety in Children and Young people
- Body image and Self Esteem
- Eating Disorders in Children and Young People
- Spot the Signs
- Emotional wellbeing and coping strategies

For more information and to book [Hertfordshire Safeguarding Children Partnership - Learning Management System \(event-booking.org.uk\)](https://event-booking.org.uk)



Hertfordshire

Creating a cleaner, greener,
healthier Hertfordshire