## My Health Learning



Mode: eModule



Duration: 30-35 mins



**Audience:** All NSW Health staff (Clinical and Non-Clinical)

Other clinicians with a relevant role or interest can also complete.



## Core Suicide Prevention Training

This module serves as an update to the previous NSW Health Gatekeeper Training for Suicide Prevention e-learning course, refining messaging regarding the essential components of providing initial support for a person who may be suicidal. By completing this module, NSW Health staff will be better prepared to identify warning signs, provide initial support, and guide individuals towards the appropriate mental health resources and services available.

You will be able to:

- Identify skills to build rapport and communicate effectively with people who are experiencing emotional distress
- Identify language that may indicate suicidal ideation or behaviour
- Outline how to facilitate appropriate supports for people experiencing emotional distress or who may be suicidal.

This module was updated with funding from the Zero Suicides in Care initiative.

This module is applicable for all NSW Health staff and may qualify for up to 0.5 hrs of Continuous Professional Development.



