

eLearning Training Opportunity

You don't need to be a clinician or an expert to complete this training — you just need to care.

This training is about **connection, compassion, giving time and using active listening** to help someone feel understood and supported.

A **safety plan** is like a *mental health first aid kit* that you can help someone create when they're feeling overwhelmed, distressed, anxious or low. It gives them something clear and practical to turn to when things feel tough and helps you feel more confident about supporting them.

If you are a *friend, colleague, family member, or professional* you can help to complete a safety plan with somebody.

Safety Planning eLearning Training

This is a limited opportunity for staff working in Suffolk to complete Safety Planning training. We politely ask that you only enrol if you have the time to complete this 30-minute module, within the next two months.

The training will explore grounding techniques and comforting activities to help someone feel safer and calmer.

This module has been developed with comprehensive safety protocols, engaging content and interactive features.

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Supporting Others to Make A Safety Plan



Supporting Others to Make a Safety Plan (30 minutes)

- Universal module for anyone supporting someone else.
- Robust safety protocol and sensitive wording ensuring participant safety.
- Training coproduced and informed by the latest evidence and best practice.
- Understand the importance of coproduction and compassion including the four fundamentals.
- Be able to support someone to coproduce an effective, personalised safety plan using www.StayingSafe.net



A significant step forward with practical strategies to manage distress and stay safe during crises. I wholeheartedly recommend this fantastic eLearning.....

Dr Knut Schroeder, GP Director, Expert Self Care