

Date: 29<sup>th</sup> January 2026

## Staying Safe from Suicide Training Available for Staff

Supporting colleagues who may be experiencing distress or suicidal thoughts is an important responsibility for us all. To help build confidence and understanding, a Staying Safe from Suicide training session is being offered to managers and staff across the Trust.



The session will take place on Monday 2<sup>nd</sup> March from 9.30am to 11am via MS Teams and will be delivered by Robert Jones, Psychotherapist and Psychological Trauma Specialist from Occupational Health. The session will be recorded for those unable to attend live.

The training will explore best practice guidance, current suicide data, and why approaches to risk assessment are changing. It will also focus on practical tools to help staff recognise risk, maintain safety, and support colleagues in a compassionate and effective way. Research shows that talking openly about suicide does not increase risk and can help reduce stigma, shame and isolation.

This session is suitable for both managers and staff who want to feel more confident in having supportive conversations and knowing how to respond appropriately when concerns arise.

To join the session, click [here](#).

**"Staying Safe From Suicide"**  
Risk Assessment Training for Managers & Staff  
interested in Assessing 'Risk of Suicide'

**Monday 2<sup>nd</sup> March from 09:30-11:00am**  
**MS Teams**

(Robert Jones, Psychotherapist/Psychological Trauma Specialist, Occupational Health, WUTH)

Are you interested in improving your Knowledge & Skills in increasing your ability to support others "Staying Safe from Suicide". This 1.5 hour training session may help you to do just that. **This will be a recorded session.**

**Myth:** Asking someone about suicide will put the idea in their head and make them more likely to kill themselves.

**Fact:** It is safer to ask about suicide than not to ask about suicide. Research shows that it is not dangerous to ask. If the answer is yes, the person with thoughts of suicide can be supported. If the answer is no, no harm has been done. People often find great relief in being able to openly talk about their thoughts and feelings about suicide.

**The Session will Include:**

- What is the Best Practice Guidance for "Staying Safe from Suicide".
- What the Suicide figures tells us.
- Why ways of 'Best Practice' Risk Assessment are changing?
- Implementation of Latest Guidance/Practice.
- 3 Main Areas of Risk Assessment/Maintaining Safety.
- Focus on Safety Assessment, Safety Formulation, & Safety Management.
- Managers Processes if a staff member presents with Suicidal Risk.