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Guidelines for attending Suicide Awareness Training

Thank you for choosing to attend a Suicide Awareness course with Luminate. We're confident that you've taken a positive step to support the mental health and wellbeing of yourself and your colleagues. Please read the following guidelines so you know what to expect from the training.

1. Within the training, we will be covering material around mental illness and suicide. If you are experiencing poor mental health or have someone close to you experiencing mental illness, or if you have lost someone to suicide, you may find some of the material upsetting and/or triggering. You may feel it is not the right time to attend this type of training. Please take time to think about this decision or reach out to us for more information about what is covered if you are unsure.

2. For virtual sessions, during the training, we ask that you keep your video turned on if you feel comfortable doing so. This gives the facilitator the ability to spot if anyone is in distress. If you can't have your video on for any reason, please inform the facilitator of this at the start of the session.

3. You may feel like you need a break from the session if you are finding the content upsetting; please feel free to do this and do what you need to take care of yourself at this time, but where possible, inform the facilitator (via a private message on the video conferencing platform in virtual sessions) so they know you are ok.

4. Our Suicide Awareness courses do not teach you to be a counsellor, or to provide ongoing support or diagnosis, so there are limitations to the support you will be able to offer your colleagues. Instead, the course prepares you to look out for the signs of poor mental health in someone, offer appropriate workplace support and signpost them to professional help. You are not expected to help individuals resolve any mental health illnesses they may be experiencing.

5. We do not recommend that you give out personal details or make yourself available outside of working hours to colleagues who may need support. It is equally as important to look after your own wellbeing as well as that of your colleagues.

6. If you have any accessibility needs, please contact us in advance of the course commencement.

Thank you again in joining us in this training session. If you have any questions about whether the training will be suitable for you, please drop us a line on: hello@weareluminate.co