




**Scarborough**  
**TEC** Training  
Education  
Careers



**TQUK Level 2 Certificate  
in Self-harm and Suicide  
Awareness and Prevention**



## Course overview

**The suicide rate for men in England and Wales is at its highest rate in two decades. With an 'alarming' rise in self-harm also reported in England, it is clear that raising awareness and support around these issues is vital.**

The Level 2 Certificate in Self-harm and Suicide Awareness and Prevention qualification has been designed to examine all areas surrounding these sensitive topics. Learners will discover how to recognise the signs of self-harm and suicidal thoughts, as well as how to approach an individual they believe is experiencing this. They will look at managing and minimising self-harm risk, and finally, how to support individuals dealing with grief after suicide.

This course is comprised of four units: Introduction to suicide and self-harm awareness, Recognising the signs of suicide and self-harm in individuals, The principles of suicide and self-harm prevention and Support for individuals when dealing with grief after suicide.



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## Who is suitable?

This qualification is aimed at anyone seeking to improve their understanding and awareness of suicide and self-harm. The knowledge individuals will gain is not sector-specific but can be applied to a broad range of personal and professional situations.

Individuals who may find this course useful to their professional life include: teachers, mental health workers, crisis helpline volunteers, support workers, individuals in a safeguarding role, parents or guardians, and others working with individuals who may be at increased risk of self-harm or suicide.



## Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:



**Online**

All of our award-winning, online learning resources are of the highest quality and are designed to be engaging and interactive to keep you focused on your learning at all times.





# TQUK Level 2 Certificate in Self-harm and Suicide Awareness and Prevention

## What you will learn

**This course is split into four manageable units:**

### **Unit 1:**

Introduction to suicide and self-harm awareness

### **Unit 2:**

Recognising the signs of suicide and self-harm in individuals

### **Unit 3:**

Principles of suicide and self-harm prevention

### **Unit 4:**

Support for individuals when dealing with grief after suicide

## Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the mental health care sector
- Courses are delivered via distance learning, allowing learners to choose when and where to study
- Increase your awareness of self-harm and suicide and be able to better support individuals on both a personal and professional level
- Engaging and interactive activities that stretch learners' thinking and help put their new, extended knowledge into practice
- Study will develop learners' knowledge, skills and confidence to enhance their future work and life.