

Suicide Prevention Training Matrix



Shropshire, Telford & Wrekin
Suicide Prevention Network



Shropshire Safeguarding
Community Partnership

Be the one to make a difference.

CHANGE THE
NARRATIVE

A photograph of a man sitting on a light-colored wooden floor in a hallway, leaning against a wall and looking out an open doorway. The text 'CHANGE THE NARRATIVE' is overlaid in large, bold, orange and yellow letters, with a yellow ribbon graphic to the right.

Shropshire, Telford & Wrekin
Suicide Prevention Network

Introduction

Why Suicide Prevention Training Matters

As part of our commitment to reducing suicide across Shropshire, we are proud to introduce the Suicide Prevention Training Matrix — a practical tool designed to support professionals, partners, and volunteers across the county to be suicide risk aware, and equipped with the knowledge, skills, and confidence appropriate to their role.

The matrix brings together available training opportunities related to **suicide prevention, suicide bereavement, and self-harm**. By making training easier to find, understand, and promote, we aim to increase the number of individuals who are trained across our communities — helping to build a more informed, compassionate, and responsive Shropshire.

Whether you're a frontline worker, community volunteer, or strategic partner, this matrix is here to help you access the right training at the right time — because every role matters, and every life matters.



How to use this Guide



1. Identify Your Tier

Start by identifying which training tier best fits your role. The matrix is structured to reflect different levels of engagement — from community members to specialist professionals — so you can find training that's relevant to your responsibilities.

2. Find the Right Training

Browse the matrix to locate training opportunities that match your tier and what type of audience you fit into. Each listing includes hyperlink to the training provider's webpage.

3. Enrol in Training

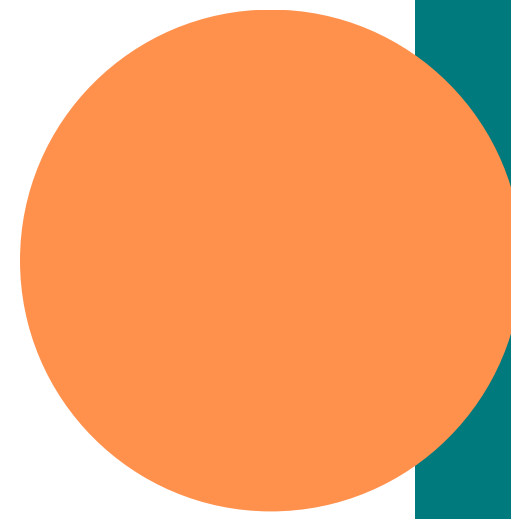
Once you've found the right training, follow the provided links or contact details to enrol. Some sessions may be free, while others may require booking through your organisation or training provider.

4. Become an Orange Button Holder

After completing your training, consider applying to become an Orange Button holder — a visible sign that you're someone who is trained and open to talking about suicide. It's a powerful way to show support and help others feel safe to reach out.



Orange Button Community Scheme



What is it?

The Orange Button is a symbol that shows someone is trained and open to talking about suicide. It's worn by individuals who have completed recognised suicide prevention training and want to be a visible source of support in their community or workplace.

Orange Button holders are not counsellors or crisis responders, but they are people who can listen, offer understanding, and help someone find the right support.

Why it Matters

Many people struggle in silence. Seeing the Orange Button can help someone feel safe to speak up and know they're not alone. It's a simple but powerful way to show that help is available, and that talking about suicide is okay.

How to Become an Orange Button Holder

1. Complete Training



Complete any training marked as Orange Button recognised in this module

2. Understand your Role



Orange Button holders only need to listen and guide people to support.

3. Get in touch



Let us know you want to join the scheme by visiting:

[Orange Button Community Scheme | Shropshire Council](#)

Be the one to make a difference.



TRAINING TIERES



1

UNIVERSAL

SUITABLE FOR ALL

Suitable for members of the public and individuals who have an interest in developing their understanding of mental health. *Example: family, friends, volunteers, customer facing roles.*

2

INTERMEDIATE

*SOME EXISTING KNOWLEDGE
REQUIRED*

Suitable for frontline staff supporting people, but support may not be primary role. *Example: teachers, support workers, housing welfare and substance workers, pharmacy staff*

3

ADVANCED

*PREVIOUS INTRODUCTION
TRAINING COMPLETE*

Suitable for frontline mental health and emergency personal directly providing support to people with mental health difficulties or in crisis. *Example: Social care, emergency services, all NHS staff.*

4

SPECIALIST

*PREVIOUS ADVANCED
TRAINING COMPLETE*

Suitable for specialist mental health and emergency service professionals who are interested in an enhanced level of training and CPD. Recommended to have previously undertaken level 3 course.

SUICIDE PREVENTION TRAINING

Orange Button
Recognised



COST

TIER 1

<u>Realtalk Workshop</u> : Training for professionals and community members to identify risks and how to connect with someone at risk	CA	
<u>Free Online Suicide Awareness Training</u> : Short training for anyone age 16+ to build confidence in life saving conversations	Free	
<u>Suicide Prevention in Our Communities</u> : Equips adults to spot suicidal signs, hold difficult conversations, and create safety plans.	STW	
<u>Managing Suicidal Conversations</u> : Develops confidence to handle suicidal conversations with empathy and care in the workplace	Free	
<u>MPFT Wellbeing & Recovery College</u> : A range of recovery-focused courses delivered by people with lived experience	Free	

TIER 2

<u>Community Suicide Awareness</u> : Develops compassionate awareness and suicide risk recognition skills for community members.	CA	
<u>NHS England Self Harm and Suicidal Thinking</u> : Free NHS training to identify, support, and signpost safely for young people.	Free	
<u>The Ask Workshop</u> : Training for adults supporting children age 5- 14 to identify and support children at risk of suicide	CA	
<u>Mental Health First Aid (Youth) Aware</u> : Training for adults supporting young people to spot mental health distress, start supportive conversations, and practice self-care	CA	
<u>Mental Health First Aid (2 Day Workshop)</u> : 2-day course for adults providing practical skills to spot signs, offer support, and stay safe	CA	
<u>Mental Health Aware</u> : An introductory 4 hour session to raise awareness mental health in Adults	CA	
<u>Mental Health First Aid Refresher</u> : Refresh and update MHFA skills after 3+ years since completing Mental Health First Aid.	CA	

STW= subsidised by STW Suicide Prevention Network

CA= Cost Associated

SUICIDE PREVENTION TRAINING

Orange Button
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COST

TIER 3

<u>Suicide Response Part 1 &2:</u> Tools for professionals with assessment role to have safe, structured suicide response	CA	
<u>ASIST (Applied Suicide Intervention Skills Training):</u> Trains professionals and community members to identify and respond to suicide risks	STW	✓
<u>Suicide First Aid: Understanding Interventions:</u> Trains anyone encountering individuals in crisis how to have a supportive conversation, assess risk and take action	CA	✓
<u>Suicide Awareness & Response for Primary Care:</u> Builds understanding, challenge stigma and introduce compassionate communication and safety planning in primary care teams	CA	✓
<u>safeTALK:</u> Learn to recognise indicators of suicidal thoughts, practice conversations about suicide using the TALK model, explore different ways to connect to people at risk	CA	✓
<u>Suicide Prevention Module for GPs:</u> Supports GPs in assessing and responding to suicide risk	Free for RCGP Members	
<u>Mind Ed Hub- Staying Safe From Suicide: Best Practice Guidance:</u> How to use new Risk Assessment Guidance	Free	
<u>STORM Level 3: Full Course:</u> Prevention and safety planning training for people working with young people	Funded for Shropshire Council Employees	✓
<u>Structured Care & Safety Plan:</u> short e-learning helping professionals support individuals at risk of suicide with personalised safety planning	Free	
<u>Mental Health Crisis Breathing Space:</u> Supports professionals helping patients manage debt during crises.	Only available for NHS staff	
<u>Mental Health Awareness Program:</u> Raises awareness of mental health and compassionate healthcare response	Only available for NHS staff	

TIER 4

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SUICIDE BEREAVEMENT TRAINING

 Hyperlinks embedded

COST

TIER 2
TIER 3
TIER 4

<u>Suicide Bereavement</u> : Increase the skills, confidence and knowledge of delegates to respond and support those bereaved or affected after a suicide, using appropriate language and breaking down any barriers to support.	CA
<u>HEE Postvention Training</u> : E-learning to improve understanding of the impact of bereavement by suicide on the family, colleagues and friends.	Free
<u>PABB Suicide Bereavement Training</u> : Training supporting professionals helping those bereaved by suicide.	CA
<u>Winston’s Wish Childhood Bereavement Support</u> : Specialist bereavement training for professionals and organisations to help teachers, social workers and other professionals better support the grieving children and young people in their care	CA
<u>SEND Bereavement Support</u> : Provides confidence to support bereaved children and young people who have special educational needs and disabilities (SEND)	CA

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SELF-HARM TRAINING

 Hyperlinks embedded

COST

TIER 1	<u>Self Harm Awareness</u> : Explores self-harm causes, stigma, language, and supportive responses	CA
	<u>Self Harm Response</u> : Training for professionals to respond compassionately to self-harm covering causes, challenges, myths, and practical tools like safety planning and hope-focused strategies	CA
	<u>Self Harm Intermediate</u> : Builds on foundational self-harm knowledge to explore key issues and stereotypes, while developing brief, evidence-based interventions and signposting skills for effective support.	CA
TIER 2	<u>Boys & Men Self Harm & Suicide Prevention</u> : Provides knowledge of male-specific risk factors and practical strategies to challenge stigma	CA
	<u>Children & Young People Self Harm & Suicide Prevention</u> : Learn to identify risks, challenge stigma, recognise the impact on families, and apply evidence based strategies to effective support.	CA
	<u>LGBTQIA+ Self Harm & Suicide Prevention</u> : Learn to identify unique risk factors and practical skills to create inclusive and supportive environments to challenge stigma and discrimination	CA
	<u>Gypsy, Roma & Traveller Self Harm & Suicide Prevention</u> : Gain awareness of risks within these communities and how to challenge stigma and discrimination while supporting someone in distress	CA

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Need Help or Have Questions?

If you're unsure which training is right for you, need help with booking, or want to explore funding options, support is available.

Whether you're a professional, volunteer, or community member, we want to make accessing suicide prevention training as easy and inclusive as possible.

Get in touch for:

- Guidance on choosing the most suitable training for your role or setting
- Help with booking or accessing training sessions
- Information about available funding and STW subsidies
- General questions about the Suicide Prevention Training Matrix

Contact:

Josh Tildesley

Email: Josh.Tildesley@shropshire.gov.uk

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