

Suicide Intervention and Prevention Programme (SIPP)



The SIPP programme aims to improve awareness of suicidal thinking, to increase confidence to ask someone if they are feeling suicidal, and to support them to seek further help. The programme was originally developed in Tayside, and complies with Health Scotland's requirements of suicide prevention training.

The SIPP programme is currently being delivered as an online course by approved suicide prevention trainers. The training has been split over 2x 2hr sessions and attendance at both of the sessions is required.

Who is SIPP training for?

Dates are open to any staff from Highland Community Planning Partnership including:

- Any staff who want to be able to help someone who might be at risk of suicide
- All staff NHS (including clinical staff), Council, frontline services, Third Sector who have patient/client/service user/public contact who have had no previous suicide awareness training or last training was more than three years ago
- Training is open to staff in the North Highland area only

What will I learn?

- The ability to recognise a person at risk of suicide
- The ability to ask about suicide including the ability to display listening and questioning skills
- An awareness of the impact of attitudes on suicide
- How to signpost to appropriate support

SIPP training covers:

About Suicide: *the scale of the problem, facts and myths, risk factors, attitudes and stigma*

How to help: *recognising the signs, how to ask and listen in a supportive way, keeping the person safe, Signposting*

Case Study: *group discussion, identifying risk factors, how to help*

Upcoming Dates:

Tues 6th and Tues 13th December 2021: 2pm

Friday 9th and Friday 16th December 2021: 2pm

Friday 13th and Friday 20th January 2022: 10am

Thurs 19th and Thurs 26th January 2022: 10am

Tues 1st and 8th February 2022: 2pm

Mon 7th and 14th February 10am

How do I book?

Courses are booked through NHS Highland using Turas Learn. If you are from out with the NHS, you will need to register on Turas Learn. You will find all the necessary instructions on the following link: [Health Improvement Training \(scot.nhs.uk\)](https://www.scot.nhs.uk/healthimprovementtraining/)

Using Turas Learn please use the following link to access SIPP courses [Suicide prevention: suicide intervention and prevention programme \(SIPP\) | Turas | Learn \(nhs.scot\)](https://www.scot.nhs.uk/healthimprovementtraining/suicide-prevention-programme-sipp-turas-learn-nhs-scot/) or go to the NHS Highland Public Health Zone and choose 'Suicide Prevention' and the SIPP course dates will be listed there

For any enquires please email nhsh.mentalhealthtraining@nhs.scot