

A close-up photograph of two hands shaking, symbolizing support or agreement. The hands are positioned in the center-left of the frame. The background is blurred, showing a person in a dark shirt and light-colored shorts. Overlaid on the image are several large, semi-transparent circles in shades of blue, green, and yellow. At the bottom, there is a large, colorful graphic element consisting of overlapping semi-circles in blue, green, and yellow, which serves as a background for the title text.

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.

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.





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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.