MindSkills Training & Life Coaching delivered a half-day **Suicide Awareness Training Course**.  It is run by Philip McTaggart who founded PIPS in 2003 following the death of his son, Philip, by suicide.

The programme’s aims are:

– To reduce the stigma and myths around suicide

– To help participants identify warning signs that a person may be at risk of suicide

– To develop a clearer understanding of the different groups who may be at higher risk of suicide

– To develop an understanding that many people who are at risk will not access help unless supported in doing so

– To reduce the fear of helping someone at risk by providing a listening ear and linking to available help

– To increase awareness around the extensive support available to those at risk of suicide

– To introduce simple ways of developing positive mental health within participants

Participants work in groups for discussions, exercises and games.  Philip has explained that video interviews, interactive video role-plays, visual games and animated graphics ensure that learning is delivered in a variety of ways.  Participants receive a certificate at the end of the training program.