

New eLearning: Supporting Others to Make a Safety Plan

Developed with comprehensive safety protocols, engaging content and interactive features. Training is compassionate, accessible and completed flexibly at participants' own pace.

Individual cost only £4.95

Purchased directly via the LMS platform: lms.4mentalhealth.com

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Supporting Others to Make A Safety Plan



Supporting Others to Make a Safety Plan (30 mins)

About:

- Universal module regardless of role or personal experience
- Training coproduced and informed by the latest evidence and best practice
- Robust safety protocol and sensitive wording ensuring participant safety

Aims & Objectives:

- Understand the theory, benefits and importance of Safety Planning
- Understand the importance of coproduction and compassion, including the four fundamentals
- Be able to support someone to **coproduce an effective, personalised Safety Plan** using www.StayingSafe.net



"A significant step forward with practical strategies to manage distress and stay safe during crises. I wholeheartedly recommend this fantastic eLearning to all professionals."

Dr Knut Schroeder, GP, Director, Expert Self Care

"As a carer from an ethnic minority background I commend this essential resource to empower professionals and carers to coproduce safety plans that truly reflect cultural and individual needs."

Matthew McKenzie FRSA BEM, Expert by Experience

"This module covers potentially life-saving and transformative safety planning for people in despair."

Lisa Morrison, Expert by Experience

"Excellent 'how to' guide to support anyone to make a safety plan. It uses appropriate language, flows well, and covers a lot of ground concisely and sensitively. It fills a major gap in the 'toolkit' of practical suicide prevention."

**Stephen Platt, Emeritus Professor of Health Policy Research,
4 Mental Health Expert Reference Group Lead**

