



Young People's Minds Matter

Centre of Excellence for
Youth Mental Health

Safety Planning for Helping Professionals

This youth mental health training programme will equip you with safety planning skills to support a distressed young person at risk of harm to self.

 Recommended for:
Educators, student support staff, and any professionals
who work with young people aged 16 to 30



Overview

Worldwide, suicide is the second leading cause of death among young people aged 15 – 29 years (WHO, 2019).

Due to fear and stigma surrounding suicide, people often do not reach out for help or are left alone. Suicides can be prevented, and suicide prevention is not limited to only risk assessment and referral to appropriate care. Safety planning helps to strengthen the safety net for the distressed young person who awaits the arrival of appropriate care. Delivered in a timely manner, safety planning is an important element in suicide prevention too.

What you will learn

- Identify steps to take in safety planning
- Practise safety planning
- Practise basic helping skills

Course details:

Duration Half-day (4-hours)

Activities Short lecture, small group discussions and
practice rounds

Email chat@mentalhealth.sg to enquire more
about the workshop



Enquire now



By appointment only:

CHAT

*Scape, 2 Orchard Link,
#04-01A, Singapore 237978

Tue - Sat: 12pm - 9pm
(excluding Public Holidays)

Reach us at:



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chat.mentalhealth.sg

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