

Young People's Minds Matter

Centre of Excellence for
Youth Mental Health

Safety Planning for Peer Helpers

This training will equip you with the skills to hold safety planning conversations in a safe and grounded manner, so as to support peers experiencing suicidal thoughts.

 Recommended for:
Student peer-helpers and Youth Volunteers



Overview

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

"I'm dying..." is a verbal expression frequently used to communicate that our stressors are larger than our perceived ability to cope, and that one is feeling overwhelmed. But what if... it is not a metaphorical expression?

What if... someone that you know is feeling helpless and that suicide seems like the only option?

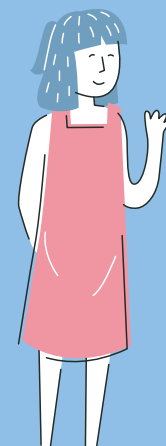
What you will learn

- Recognise warning signs for suicide
- Understand emotional experiences of someone experiencing suicidal thoughts
- Understand components of safety plan and its purpose
- Practice holding a safety plan conversation

Course details:

Duration	Half-day (4-hours)
Activities	Short lecture, small group discussions and practice rounds
Pre-requisite	<ul style="list-style-type: none">• Young people aged 16-30• Must have completed CHAT's LiME training workshop or relevant peer helping training

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:



(+65) 6493 6500 / 6501



chat@mentalhealth.sg



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