

Taking steps forward

Together we're moving
forward with suicide reduction;
one step at a time.

There's a disease out there.

Mental health has never been higher on the agenda across both education and business - particularly in the wake of a global pandemic and amplified by the impact of lockdown.

Suicides may not be predictable, but they are preventable. High quality education can raise awareness, and equip people with the skills to connect with those at risk.

Together we can make a difference

We've collaborated with mental health training experts to bring you a package which will help save lives.

Deaths by **suicide** rose by **10.9%** in the UK in 2018.

The rate of suicides among **under 25s** increased by **23.7%** in 2018.

In the UK, **men** are **three times** more likely to die **by suicide** than women.

In 2019, there were **5,691** suicides registered in England and Wales.

In the UK, the highest **suicide rate** is among **men aged 45-49**.

“ Suicide awareness and prevention training can save lives! Often people who have not received any training or had any experience avoid the subject, this qualification will increase knowledge and confidence. ”






Tanya Sammut BSc | Registered Mental Health Nurse | Severn Wellness

You don't have to be a doctor to save lives

Our package includes the **first regulated awards** in the UK designed to raise awareness and reduce suicide.




Level 2 Award in Suicide Awareness

13
GLH

-  Knowledge based qualification.
-  Designed to raise awareness and understanding of suicide.
-  Only 13 guided learning hours.
-  Suitable for learners aged 16+ in any sector.
-  Can be delivered and assessed remotely on the LearnBox platform.

Level 3 Award in STEPS Towards Suicide Reduction

7
GLH

-  Aims to provide a structured approach to having a conversation with those who may be at risk of suicide.
-  Only 7 guided learning hours.
-  Suitable for frontline workers, educators, employers and those in HR or similar roles.

To provide you with the support, knowledge and understanding you may need to deliver these qualifications, mental health training experts, BDL D, have created a **Level 4 Award in Delivering the STEPS Towards Suicide Awareness & Reduction Programmes**, which is accredited by CACHE.

The full package

High quality **digital learning resources** have been developed to support delivery and are available to purchase from **LearnBox**. These resources are hosted on an interactive learning and assessment platform which means that the Level 2 qualification can be delivered remotely or in a classroom environment.

Making a connection; suicide prevention



cache

Developed by CACHE – market leaders in the health and social care sector.

cache.org.uk



Co-created with mental health training experts Big Dog Little Dog (BDLD).

bdld.org.uk



aelp

Supported by an objective evaluation project, led by an expert psychologist from AELP.

aelp.org.uk



LearnBox

Developed with high quality learning resources from LearnBox, to enable engaging delivery remotely or in a classroom.

wearelearnbox.com

Find out more about how you can make a difference.



cache.org.uk/steps



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