**Suicide First Aid Lite**

The Suicide First Aid Lite course gives learners the knowledge and tools to understand that suicide is one of the most preventable deaths and some basic skills can help someone with thoughts of suicide stay safe from their thoughts and stay alive.

**Course content:**

SFA Lite is comprised of 2 parts, each around 90 minutes duration. The programme teaches the skills needed to identify someone who may be thinking about suicide and to pass the person onto a suicide first aider.

The course is delivered by Registered Mental Health Nurses from Shropshire Councils Joint Training team.

**Date: 21 September 2023**

**Time: 09.30 – 12.30**

**Venue: Shropshire Hills Discovery Centre, Market Street, Craven Arms SY7 9RS**

**There is free car parking at the venue**

**The cost of the training course is £30.00 which is refundable upon completion of the training.**

**Please note, this course is limited to a maximum of 16 people**

***This funding for this training course is provided through the Shropshire in Partnership Mental Health Project based at Qube, Oswestry***

<https://qube-oca.org.uk/courses/>

  

