



CERTIFICATE COURSE IN SUICIDE PREVENTION SKILLS

(CSPSO2020)

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The Certificate Course in Suicide Prevention Skills is a full-day interactive program on suicide recognition and prevention, support skills to help others, promoting suicide-safer communities, and self-care.

This is a **6-hour** program, delivered either as a **single-day** session or as **two 3-hour sessions** conducted over **two consecutive days**.

What do you learn in this course?

Section 1: Introduction

- Introduction, Key facts
- Facts on Suicide in India
- Myths and facts about Suicide
- The Suicide Law in India

Section 2: Core Modules in Suicide Prevention and Intervention

- What is Suicide and Suicidal Behavior
- Reasons for Attempting Suicide
- Risk Factors and Warning Signs
- Suicide in Teens, Older adults, Elderly and Warning Signs
- Five Key Action Steps for Supporting Someone in Emotional Distress or at Risk of Suicide
- Risk Assessment (Low, Medium and High Risk)
- Managing Risk and Rescuing



Section 3: Online Support

- Guidelines for Supporting a Suicidal Person via Phone or Online

Section 4: Helpful Resources and Information

- First Response
- Helpline Number/ Support Group Information

Section 5: Self-Care & Help

- Tips for Self-Care

Methodology

- Discussions, Group activities
- Case Studies
- Activities/Role-play

This course is not for those experiencing suicidal ideation and not for those triggered by conversations around suicide. This course will not teach you to deliver therapy and counselling. This course is not meant to replace professional medical advice



**LEARN
SKILLS**

**SAVE
LIVES**

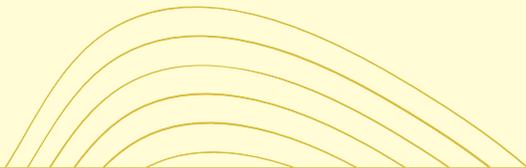


Eligibility Criteria for the course

- This course is designed for Family/Friends of those with suicidal thinking/behavior, Support Workers, Employers, Teachers, Social Worker, Family Workers, Professional support workers and anyone with an interest in helping others.
- No prior knowledge of mental health is required.
- Course is delivered in **English Language** only.
- You will need to be at least **18 years old**.
- The course is conducted in small groups to provide individual attention, as the subject is sensitive and intense.

Benefits of the course

- **Certificate of Completion**
- **Practical knowledge in Suicide Prevention** to support family, friends, colleagues, and the community.
- **Comprehensive course handout**
- A list of **helplines** and **NGOs** offering suicide prevention support will be provided to all participants.



**LEARN
SUICIDE
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Why Should you attend this course?

Suicide is a significant public health issue, with India reporting a high number of cases each year. However, **suicide is preventable**. Understanding the risk factors and recognizing the warning signs can play a crucial role in prevention. By acquiring these practical skills, you can make a meaningful difference in people's lives.

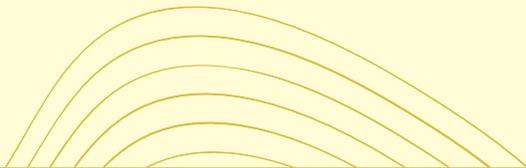
Your commitment

- You are expected to attend all sessions and participate actively in discussions, role plays, and activities.
- Given the sensitive nature of the topic, confidentiality must be maintained at all times, and any personal sharing during the course will be treated with the utmost respect and privacy.
- All participants who complete the course will receive a Certificate of Completion.

Course Fee

Total cost of the course will be Rs. 2,500/- (To be paid in full prior to the course).

Refund: Once enrolled, course fees are non-refundable.



**AN
INTERACTIVE
SESSION**



Registration Instructions

- Please fill up the application form (on website) completely.
- Proceed with the Payment process
- Kindly share the payment confirmation screenshot on WhatsApp at +91 9880651010.

About MHAH

At Mental Health Academy India (MHAH), we are dedicated to promoting mental well-being through a comprehensive ecosystem of support. Our offerings include awareness programs, training sessions, workshops, counseling, nature/eco therapy, music therapy, healing retreats, and holistic wellness services— each thoughtfully designed to support individuals in nurturing their mental and emotional well-being as part of a holistic approach to health.

Our mission extends beyond services. We are deeply committed to breaking the stigma surrounding mental health and cultivating a culture of openness, healing, and resilience.

We strive to make our knowledge and services accessible not only in cities but also in rural communities at the grassroots level, ensuring that support is available and inclusive for all—regardless of geography.





Services offered at MHAI

- **Diploma** in *Mental Health and Counselling Skills*
- **Certificate** Course in *Suicide Prevention Skills*
- **Certificate** Course in *Non-Suicidal Self-Injury Prevention Skills*
- **Certificate Course** in *Life Skills* (For Kids and Adults)
- **Diploma** in *Life Skills*
- Mental Health **Awareness Program**, Workshops
- **Counselling** and **Mentoring** Services
- **Support Group** Meet (Online and In-person)
- **Human Books** (Online and In-person)
- **Ecotherapy, Shinrin Yoku (Forest Bathing)**
- **Workshops** on topics related to Mental Health, Life Skills, Human Behaviour
- **Internships** for students
- **Holistic Health Rural Training program** in collaboration with *Mental Strides, Australia*
- **Harmony - The Journey Within** - Outdoor Workshop/Retreat
- **Kaadu Harate** - Outdoor Workshop
- **Author's Program** (Book Writing)
- **The Sound Mind** - *An Immersive Journey Through Art and Nature*
- **Mann-Thann** - *Discover yourself differently.*

Check out our website www.mhai.in and join us on

- **LinkedIn (Ranjitha Raj):** <https://www.linkedin.com/in/ranjitha-raj-mentalhealthcoach/>
- **Facebook:** <https://www.facebook.com/mhaiorganization/>
- **LinkedIn (MHAI Page):** <https://www.linkedin.com/company/mental-health-academy-india/>
- **Instagram:** <https://www.instagram.com/mentalhealthacademyindia/>
- **YouTube:** <https://www.youtube.com/channel/UC5Hbvq4Q1Xsb7EASu1-ZglA>

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