

Press Release

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4 Mental Health

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4 Mental Health Launch 'Staying Safe' Training

World Mental Health Day on 10th October sees the launch of a new free training package, designed to help people make personal Safety Plans.

'Staying Safe' training has been developed by 4 Mental Health and co-funded by NHS England, to support the free resources on the [StayingSafe.net](https://staying-safe.net) website. It is designed to be used in a wide range of settings and roles, including the NHS and social care, first responders, third sector organisations, carers, peer support groups, community groups, schools and universities.

The training equips participants with the skills and confidence both to make their own Safety Plan and to encourage and support others to do the same.

Anyone struggling to cope with a situation or experiencing deep distress might begin to think about harming themselves or consider suicide as a means to escape their emotional pain. At such times it can be incredibly difficult to think clearly. The idea behind safety planning is to prepare for the difficult times and make a plan of what can be done to get through such times, even before they happen.

A Safety Plan can be thought of as the emotional health equivalent of putting on a car seatbelt. It's a planned set of actions, strategies and sources of support that a person keeps with them and can use to help them stay safer when experiencing distress and before they reach a crisis point.

Safety Plans are highly personal to each individual and typically includes:

- Distractions and things to lift their mood
- Practical ways they can make their situation safer
- Who to contact for emotional or practical support
- Where to go or who to contact in an emergency

When developing Staying Safe training, 4 Mental Health teamed up with an expert reference group of internationally recognised experts, mental health practitioners and educationalists, together with individuals and families with lived experience of suicide and suicidal thoughts. Professor Siobhan O'Neil, co-organiser of the 2019 International Congress on Suicide Prevention provided an additional level of scrutiny. ***"It's vital to disseminate best practice and the Staying Safe training will share latest thinking in how people can make potentially life-saving Safety Plans."***

This training has a robust safety protocol and detailed step-by-step guidance notes. This free resource supports learning in groups and organisations who want access to quality assured training but have no or limited funds available.

"It is critical that individuals and their carers, whether professional or non-professional, are aware of what is needed to be done in time of crisis. Safety plans are indeed such a positive way forward to keep individuals safe." Professor Dinesh Bhugra CBE, former President of the World Psychiatric Association and one of the experts who helped with Staying Safe training.

At 4 Mental Health our hope is that one day making a personal Safety Plan will be regarded as a routine part of wellbeing and self-care, and as commonplace as having a first aid kit. ***"The StayingSafe Safety Plan works because it brings the personal into the plan. It encourages people to reflect on who they are and what is important to them. It gets to the heart of what keeps them alive and safe."*** Moira Tombs, an Expert by Experience who helped with Staying Safe training.

The materials for this training can be downloaded via the following link:

<https://www.stayingsafe.net/training-materials>.

NOTES TO EDITORS:

4 Mental Health deliver training courses in mental health and wellbeing, underpinned by a whole community and compassionate approach to suicide prevention. We are a passionate group of professionals, united by a desire to make a difference to people in distress and those supporting them. It is our belief that *'suicide is preventable, not inevitable'*.

Our range of *'Connecting with People'* training courses are modular and suitable for a broad spectrum of sectors, including healthcare, social care, statutory bodies, universities and communities. Modules are designed to develop understanding, confidence and the importance of compassion; whilst developing a common language to improve communication across different sectors and an appropriate response to people in distress.

All training modules have been developed incorporating the latest evidence-based principles and best practice, and are reviewed by members of our Expert Reference Group.

Our *'Connecting with People'* training, clinical tools and 'whole community' approach to suicide prevention is successfully used within the UK, the Channel Islands, Australia and Ireland.

For further information on 4 Mental Health please call Tel: 0203 637 9191 or email

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