



Workshop for professionals and key contact people providing support to those bereaved through suicide

This workshop, funded by the HSE National Office for Suicide Prevention, is for professionals and key contact people who, in the course of their work, come into contact with people who have been bereaved through suicide. It explores the unique needs of suicide bereavement, so that participants become more equipped to provide support in the safest and most effective ways possible.

This workshop aims to;

- Develop participants' knowledge and understanding of the grieving process
- Demonstrate the value of empathy, compassion and humanity and the importance of meeting people where they are at
- Enhance participants' skills in supporting people bereaved through suicide.

What to expect from this workshop

This workshop covers five key topics;

- Understanding the grieving process
- The context of suicide
- How to support people bereaved through suicide
- Skills building
- Self-care.

At the end of this workshop, participants will;

- Understand the grieving process, the context of suicide and the risk factors associated with suicide
- Have developed their understanding of the key elements of supporting someone bereaved through suicide
- Be able to apply the learning from this workshop to their own practice and support people bereaved through suicide.

Duration

One day.

Contact information