

## ABOUT SOS

Since 1969, Samaritans of Singapore (SOS) has been listening & providing emotional support to people in crisis, feeling suicidal or affected by suicide. As a non-profit voluntary welfare organization, SOS aims to be an available lifeline to anyone in distress in Singapore.

We also believe that **Suicide Prevention is Everybody's Business**, & actively seek to equip professionals & community groups with awareness & skills in suicide prevention, intervention & postvention. A range of skills-based workshops & community education talks are available. They are interactive & practical in nature, & can be customised upon request. All sessions are conducted by trained SOS practitioners with local hands-on experience.

### Workshop Participants' Feedback

From statutory organisations:

*"I like the scenario-based questions & the involvement by the participants themselves to try out the situations. Good work!"*

*"Workshop was well-paced. Instructors are well-versed & engaging. Well done!"*

From voluntary welfare organisations:

*"SOS has excellent trainers...who are really resourceful & committed. One of the best workshops I have attended."*

*"I am very impressed by the high level of professionalism shown & information given by the trainers. I felt heard & had many opportunities to clarify my thoughts."*



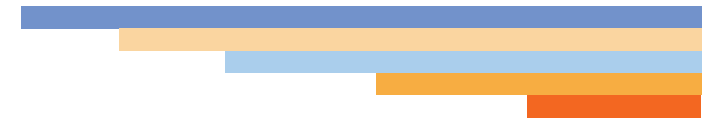
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## SUICIDE AWARENESS & SKILLS TRAINING

2010 - 2011



# TRAINING PROGRAMMES

## Suicide Awareness Talk

A 2-3 hr information & awareness session that aims to raise participants' awareness about suicide, with a focus on the situation in Singapore. Topics include:

- Myths & facts of suicide
- Suicide warning signs
- Singapore suicide statistics
- Do's & Don'ts when talking about suicide

This talk is conducted in lecture style, & would be suitable for general members of the public, grassroots leaders, community volunteers & staff from large organizations.

## Gatekeepers Intervention Workshop

A one-day basic workshop which equips participants with knowledge about suicide & basic skills in suicide intervention. Topics include:

- Myths & facts of suicide
- Suicide warning signs
- Singapore suicide statistics
- Basic suicide intervention skills
- Scenario-based exercises
- Community resources & self-care

Suitable for frontline personnel from social service, healthcare, educational, government or religious organizations.

## Suicide Intervention Workshop

A two-day interactive, skills-based workshop that teaches a model for working with clients at risk of suicide. Topics include:

- Myths & facts of suicide
- Suicide warning signs
- Singapore suicide statistics
- Suicide risk assessment
- Suicide intervention skills
- Scenario-based simulations
- Facilitated small group exercises
- Community resources & self-care

Designed for counsellors, social workers & psychologists working with clients at risk of suicide.

## Suicide Postvention Workshop

A one-day skills-based workshop which provides an overview of working with survivors who have lost a loved one to suicide. Topics include:

- Understanding suicide grief
- Impact of suicide on survivors
- Suicide postvention skills

Designed for counsellors, social workers or psychologists looking to work with suicide survivors.

Title	Suicide Awareness Talk (SAT)	Gatekeepers Intervention Workshop (GIW)	Suicide Intervention Workshop (SIW)	Suicide Postvention Workshop (SPW)
<b>Audience</b>	General public & caregivers	Frontline staff & volunteers	Professionals	Professionals
<b>Pre-requisites</b>	None	None	Basic counseling skills	Attended SIW
<b>Outcome</b>	Understand suicide	Provide basic help to suicidal persons	Provide suicide intervention	Provide post-suicide support
<b>Duration</b>	2 - 3 hrs	1 day (7 hrs)	2 days (14 hrs)	1 day (7 hrs)
<b>Charges</b>	Per hour	Per registered participant	Per registered participant	Per registered participant
<b>Class size</b>	Up to 100 persons	20 - 30 persons	20 - 30 persons	20 - 30 persons
<b>Trainer(s)</b>	1 per talk	2 per workshop	2 per workshop	2 per workshop

*All talks & workshops can be conducted upon request.*

*Please contact SOS to enquire.*