

CHAT PRESENTS

Workshop on: Safety Planning

This youth mental health training programme will equip you with safety planning skills to support a distressed young person at risk of harm to self.



Young People's Minds Matter

Overview

Worldwide, suicide is the second leading cause of death among young people aged 15 – 29 years (WHO, 2019). Due to fear and stigma surrounding suicide, people often do not reach out for help or are left alone. Suicides can be prevented, and suicide prevention is not limited to only risk assessment and referral to appropriate care. Safety planning helps to strengthen the safety net for the distressed young person who awaits the arrival of appropriate care. Delivered in a timely manner, safety planning is an important element in suicide prevention too.

If you are seeking to learn an empowering way of supporting a distressed young person with safety concerns, join CHAT in this learning session on safety planning.

Course Content

1. Identify steps to take in safety planning
2. Practise safety planning
3. Practise basic helping skills

Duration: 4 training hours

Activities: Short lecture, small group discussions and practice rounds

Pre-requisite: Participants must have completed #OneGoodAdult training workshop **OR** LIME training workshop

Target participants: Peer Student Helpers, Educators, Student Support Staff, and any other helping professionals who work with young people aged 16 to 30

ABOUT CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, CHAT is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals are dedicated to promoting awareness of mental illness, improving access to mental health resources and providing personalised and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at *SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

Training will be delivered by one of CHAT's team of experienced case managers who have expertise in the identification of common mental illnesses and supporting distressed youths achieve recovery.