

Young People's Minds Matter

Centre of Excellence for
Youth Mental Health

Safety Planning for Peer Helpers

This training will equip you with the skills to hold safety planning conversations in a safe and grounded manner, so as to support peers experiencing suicidal thoughts.

 Recommended for:
Student peer-helpers and Youth Volunteers



Overview

Worldwide, suicide is the second leading cause of death among young people aged 15 – 29 years (WHO, 2019).

“I’m dying...” is a verbal expression frequently used to communicate that our stressors are larger than our perceived ability to cope, and that one is feeling overwhelmed. But what if... it is not metaphorical expression?

What if... someone that you know is feeling helpless and that suicide seems like the only option?

What you will learn

- Recognise warning signs for suicide
- Understand emotional experiences of someone experiencing suicidal thoughts
- Understand components of safety plan and its purpose
- Practice holding a safety plan conversation

Course details:

- | | |
|---------------|---|
| Duration | Half-day (4-hours) |
| Activities | Short lecture, small group discussions and practice rounds |
| Pre-requisite | <ul style="list-style-type: none">• Young people aged 16-30• Must have completed CHAT's LiME training workshop or relevant peer helping training |

[Sign up now](#)

Email chat@mentalhealth.sg to enquire more about the workshop




By appointment only:


CHAT Hub


*Scape, 2 Orchard Link,
#04-01A, Singapore 237978

Tue - Sat: 12pm - 9pm
(excluding Public Holidays)

Reach us at:

 (+65) 6493 6500 / 6501


 chat@mentalhealth.sg

 chat.mentalhealth.sg

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