



SUICIDE PREVENTION

An Online Certificate Course on Mental Health

(An initiative by Dept. of Psychiatric Nursing under NMHP, through MEET LGBRIMH)

CURRICULUM

Background

According to WHO Globally, close to 800,000 people die by suicide every year; that's one person every 40 seconds. For each suicide, there are more than 20 suicide attempts. While the link between suicide and mental disorders (in particular, depression and alcohol use disorders) is well established, many suicides happen impulsively in moments of crisis. Risk factors include experience of loss, loneliness, discrimination, a relationship break-up, financial problems, chronic pain and illness, violence, abuse, and conflict or other humanitarian emergencies. The strongest risk factor for suicide is a previous suicide attempt. In India, more than one lakh lives are lost every year to suicide. Suicide has become the number one cause of death among those aged 15-29 years category. From 2019-22, the suicide rate increased from 10.2 to 11.3 per 1, 00,000 population. The most common reasons for suicide include family problems and illnesses, which account for 34% and 18% of all suicide-related deaths in India, respectively. Approximately in 10% of suicides, the cause of suicide is not documented.

Course Overview

This course on "***Suicide Prevention***" is a basic course designed for individuals who are ready to gain knowledge on recognizing, preventing, and dealing with suicide through evidence-based practices across the population at the community level. This will help in increasing access to mental health care and suicide prevention resources to reduce suicide rates in the community.

Course Goals

The course intends to impart knowledge and skills to

- ❖ Identify the signs and symptoms of suicide.
- ❖ Analyze the risk and protective factors of suicide.
- ❖ Apply a detailed assessment.
- ❖ Develop strategies to work with patients and the community.





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Course Objectives

- ❖ Understand concepts, myths, and facts related to suicide prevention.
- ❖ Identify, assess, support, refer, and follow up with persons at risk of suicide.
- ❖ Analyze the risk and protective factors of suicide.
- ❖ To develop strategies to work with patients and the community.
- ❖ Document the suicide assessment and patient care.
- ❖ Practice self-care techniques while supporting persons at risk of suicide.

Training Method

This blended training program combines both Synchronous and Asynchronous learning methods. Total duration of the course is for 3 months. The approximate time to complete the course is about 18 hours of Synchronous learning (Live zoom meeting/Google Meet) and 12 hours of Asynchronous learning. Assignments will be provided during the course duration. Self-paced e-learning materials, assignments, audio-video lectures, articles, guidelines, and discussion forums will be provided using **Google Classroom**. Multipoint Videoconference via **Zoom** (free download) will be conducted weekly using digital devices, such as laptops, smartphones, desktop PCs, etc., for clarification of doubts, question answers & didactic lectures.

Course Administration & Language

This Certificate Course in “Suicide Prevention” will be offered via the MEET LGBRIMH (Digital Academy) of LGBRIMH. The medium of instruction will be English.

Eligibility Criteria

- ❖ Graduate /Masters in Nursing/ Social work/ Psychology/ any health science/ behavioral science from a recognized university.
- ❖ Working professional in DMHP (Clinical Psychologist/PSW/Psychiatric Nurse), Educational/School Counselors.
- ❖ The course is also open to employees who are sponsored/deputed by the state / central government/ armed forces/ other NGO's or Public service undertakings of state/central government or Institutions/Universities.





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Overview of Course Content

Modules	Video Lectures	Live Interactive Sessions
1 Introduction (Week 1 – 3)	<ul style="list-style-type: none"> • Overview of Suicide • Key facts/ Statistics. • What is mental health? • Understanding stress, distress & mental disorders in the context of suicide • Identifying common signs of mental disorders 	<ul style="list-style-type: none"> • Didactic Presentation • Group Discussion • Clarification of Doubts • Discussion of MCQs
2 Introduction to Suicide, Assessing Risk of Suicide (Week 4 – 6)	<ul style="list-style-type: none"> • Concepts and terminology related to suicide. • Debunking myths around suicide. • Risk and protective factors of suicide. • Suicide laws in India. • Identifying warning signs of suicide. • How to assess risk of suicide by asking questions. • How to respond after risk assessment 	<ul style="list-style-type: none"> • Didactic Presentation • Group Discussion • Clarification of Doubts • Discussion of MCQs
3 Essential Communication Skills Supporting persons at risk of suicide (Week 7 -9)	<ul style="list-style-type: none"> • Building rapport with a person in distress. • Essential communication skills. • Maintaining confidentiality. • How to provide emotional support • Safety planning • De-escalation techniques 	<ul style="list-style-type: none"> • Didactic Presentation • Group Discussion • Clarification of Doubts • Discussion of MCQs
4 Referrals & Follow-up Self-care techniques (Week 10 – 12)	<ul style="list-style-type: none"> • How to make referrals. • Providing psychosocial support. • Follow-up. • How to set personal boundaries. • Practicing self-care techniques. • Coping with losing a loved one to suicide. 	<ul style="list-style-type: none"> • Didactic Presentation • Group Discussion • Clarification of Doubts • Discussion of MCQs
FINAL ASSIGNMENT		





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Course Completion Criteria

The following criteria are to be fulfilled to be eligible for the award of Certificate

✚ More than **75% Attendance** (09/12 live sessions) in the weekly Live sessions as measured by the software and your video presence (>60minutes video presence for each live session).

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✚ Completion of Four e-assignments (submit through online portal, in a given time period (Each Assignment has to be completed within two working days after being assigned, 48 hours).

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✚ Completion of pre-test and post-test (atleast 50% scored, MCQ based) through Google Forms.

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✚ Within one month of the last LIVE Session, all submissions have to be completed, and the course will be closed.

Certificate will be awarded only to Course Completers.

No certificate for Participation.

Course Fee: NIL

Team

Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry

Course Co-Ordinator: Dr. Angshu Lama, Asst. Professor of Psychiatric Nursing (NMHP),

