



Dundee Suicide Prevention Training

November 2025 – March 2026



All session information can be found on the [Protecting People Learning Framework](#)

Session	Date	Time	How to book
Suicide Awareness for Everyone	Tuesday 11 th November	10am-1pm	https://buytickets.at/protectingpeoplesuicideprevention/1907340
Suicide Awareness for Everyone (Lochee Services)	Thursday 20 th November	5:30pm-8:30pm	https://buytickets.at/protectingpeoplesuicideprevention/1911182
Suicide Awareness for Everyone	Tuesday 13 th January	10am-1pm	https://buytickets.at/protectingpeoplesuicideprevention/1907340
Time Space Compassion Workshop	Monday 19 th January	1-4pm	https://buytickets.at/protectingpeoplesuicideprevention/1927305
Suicide Awareness for Everyone (Volunteers)	Wednesday 4 th February	1-4pm	https://www.eventbrite.co.uk/e/suicide-awareness-for-everyone-volunteer-session-tickets-1869861699679?aff=oddttdtcreator
Suicide Awareness for Everyone	Wednesday 18 th March	10am-1pm	https://buytickets.at/protectingpeoplesuicideprevention/1907340
Time Space Compassion Workshop	Tuesday 24 th March	10am-1pm	https://buytickets.at/protectingpeoplesuicideprevention/1927305
Save a Life – Supporting People at Risk of Suicide	Tuesday 31 st March	9:30am-4pm	See Booking Calendar



Session Descriptors

Suicide Awareness for Everyone

Framework Level: Informed

Duration: Half-day workshop

Delivery: In-person

Description:

This introductory session raises awareness of mental health and suicide prevention. Participants will learn how to:

- Recognise signs of distress and suicide risk
- Have compassionate conversations with someone who is experiencing distress or may be feeling suicidal
- Connect individuals with the appropriate help and support

Target Audience:

Staff and volunteers working in health and social care settings including the third sector and voluntary organisations. Also suitable for any workplace, workforce or community who has the opportunity to positively impact their own and others' mental health and wellbeing and prevent self-harm or suicide.



Save a Life – Supporting People at Risk of Suicide

Framework Level: Skilled

Duration: Full-day workshop

Delivery: In-person

Description:

Designed for those who regularly interact with people who may be at risk of suicide, this course provides the knowledge and skills to:

- Identify people at risk of suicide
- Have compassionate conversations with someone who is experiencing distress or may be feeling suicidal
- Offer immediate and appropriate support
- Support someone at risk of suicide to develop a safety plan
- Contribute meaningfully to suicide prevention efforts in your role

Target Audience:

Front line staff working in health, social care and other services who are likely to have direct and/or substantial contact with people who may be at risk of suicide



Time Space Compassion – Introductory Workshop

Framework Level: N/A

Duration: Half-day workshop

Delivery: In-person

Description:

Time Space Compassion is about securing better outcomes for people experiencing suicidal crisis by focusing on people's experience, human connection and relationships. The approach has already been adopted in a variety of settings across Scotland and embedding the principles is a priority action in Dundee's Suicide Prevention Delivery Plan, *Creating Hope Together in Dundee*.

During the workshop you will learn more about Time Space Compassion, hear about real examples of how Hope Point has embedded the principles, and explore through reflective activities and discussion how you already adopt Time Space Compassion in your setting as well as identifying ways to address barriers to embedding it in practice.

Target Audience:

The session is suitable for anyone, in any professional or volunteering role who feels they would benefit from understanding more about Time Space Compassion.

If you questions about any of the above sessions contact robin.falconer@dundeecity.gov.uk