

## Intervention Training for a Safer Thames

### *Equipping you to intervene if you encounter a suicidal person*

Suicide is the leading cause of death on the tidal Thames, so if you're regularly by the river you might come across someone showing signs of suicidal behaviour. This course will offer you the skills and confidence to initiate and manage a conversation with someone who appears to be feeling suicidal and connect them securely with further support. This three-hour, face-to-face, interactive workshop is facilitated by The Listening Place, experts in providing active, compassionate, non-judgemental, face-to-face support for people who feel that life is no longer worth living. You will gain information and advice to give you the opportunity to prepare for the moment when you might need to support someone in distress.

### **Content**

The course includes:

- Learning about the risks to human life on the River Thames
- Exploration of how to show someone you want to support them
- Do's and don'ts of supporting someone in distress
- Techniques for active, non-judgemental listening
- Discussion of myths and concerns about suicide
- Advice on sign-posting to ongoing support

### **Joining details**

The course will be held at a venue provided by the TSA or at your premises. Usual times are 09.30 – 12.30 or 14.00 – 17.00 with a brief half-way break. The venue will be accessible half an hour early so that you can arrive in time for a prompt start.

There is no formal pre-work but as we will be discussing real-life experiences, you might like to ask colleagues about whether they've had occasion to support someone in distress by the Thames.



### **The Listening Place**

The Listening Place is a charity providing free, face-to-face, ongoing and confidential support by appointment for those who feel life is no longer worth living. We believe suicide is not inevitable, and that everyone suffering with suicidal thoughts and feelings should have the opportunity to be heard by someone in a welcoming and safe environment. We know that timeliness of intervention can make the difference between life and the loss of life to suicide

### **Thames Skills Academy**

Founded by the Port of London Authority, Transport for London, Tideway and the Company of Lightermen & Watermen in 2016, the Thames Skills Academy is a not-for-profit employer-led organisation established to raise safety standards and improve skills for those working on and alongside the Thames.

To book, [click here](#) or contact the TSA training team at 07756 651171; [training@thamesacademy.london](mailto:training@thamesacademy.london)