

## Useful links

### Related BMJ Learning modules

#### Deliberate self-harm

<http://learning.bmj.com/learning/search-result.html?moduleId=5003216>

#### Access to psychological therapies in primary care: an update

<http://learning.bmj.com/learning/search-result.html?moduleId=10014102>

### Further training

#### STORM training

The STORM project is a not for profit venture offering training on the microskills of assessment and management of suicide risk

<http://www.medicine.manchester.ac.uk/storm>

#### ASIST training

Further training for clinicians and non clinicians dealing with suicide

<http://www.livingworks.net/>

#### Connecting with People Suicide Awareness Training

Two hour training session providing simple clinical tools to aid the assessment of patients with suicidal thoughts

Email: [info@openminds.org.uk](mailto:info@openminds.org.uk)

#### Royal College of Psychiatrists College Education and Training Centre

One day training course in self harm:

<http://www.rcpsych.ac.uk/cetc>

#### Cariad yn Cyfri "Patience and Plasters" self harm training

Day long training course, in dealing with self harm and risky behaviours

<http://www.cariadyncyfri.co.uk>

## Resources for patients

PAPYRUS produces a range of suicide prevention resources, including HOPELineUK contact cards. Many can be downloaded from <http://www.papyrus-uk.org> or call 01282 432 555 for a sample pack.

### Samaritans

A 24 hour source of support on the telephone, by email, by letter, or face to face, 020 8394 8300.

<http://www.samaritans.org>

### MIND

MIND is the leading mental health charity in England and Wales, and works for a better life for everyone with experience of mental distress.

<http://www.mind.org.uk>

### Mental Health Foundation

Mission is to help people survive, recover from and prevent mental health problems. We do this by:

<http://www.mentalhealth.org.uk/>

## Further reading

Department of Health National Risk Management Programme. Best practice in managing risk. Department of Health London: 2007.

Clinical Guideline 16: Self-harm: the short-term physical and psychological management and secondary prevention of self-harm in primary and secondary care. Issue date: July 2004 (<http://www.nice.org.uk/CG016NICEguideline>)

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Cole-King A. The Bank of Hope, Initial qualitative evaluation of a CBT type intervention. Poster, Royal College of Psychiatrists Faculty of Liaison Psychiatry Annual Meeting, (2009) Prague, Czech Republic.

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Mann JJ, Apter A, Bertolote J, et al. Suicide prevention strategies: a systematic review. *JAMA* 2005;294:2064-74.

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McLean J, Maxwell M, Platt S, Harris F, Jepson R. Risk and Protective Factors for Suicide and Suicidal Behavior: A literature Review. Edinburgh: Scottish Government; 2008.

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