

Title	Explain own role when supporting a suicidal person and potential impacts of suicide, and describe support options		
Level	4	Credits	3 (30 Hrs)

Purpose	People credited with this unit standard are able to explain own role when supporting a suicidal person, explain potential impacts of suicide on a person working in suicide prevention, intervention or postvention, and describe possible self-care options and support that could be provided when the person impacted is a co-worker.
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Classification	Social Services > Social Service Work in Suicide Intervention
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Available grade	Achieved
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Guidance Information

- 1 Legislation relevant to this unit standard includes but is not limited to:
 - Human Rights Act 1993
 - Official Information Act 1982
 - Privacy Act 1993
 all available at <http://www.legislation.govt.nz/>.

- 2 References
 - New Zealand Social Indicators, available at http://archive.stats.govt.nz/browse_for_stats/snapshots-of-nz/nz-social-indicators/Home/Health/suicide.aspx
 - *Wellbeing data for New Zealanders* (Suicide), available at <https://wellbeingindicators.stats.govt.nz/en/suicide/>
 - *Suicide facts: Data tables* 1996-2016, available at <https://www.health.govt.nz/publication/suicide-facts-data-tables-19962016>
 - *Preventing suicide: A resource for primary health care workers*, available at https://apps.who.int/iris/bitstream/handle/10665/67603/WHO_MNH_MBD_00.4.pdf
 - Ministry of Health. 2019. Every Life Matters – He Tapu te Oranga o ia tangata: Suicide Prevention Strategy 2019–2029 and Suicide Prevention Action Plan 2019–2024 for Aotearoa New Zealand. Wellington: Ministry of Health, available at <https://www.health.govt.nz/system/files/documents/publications/suicide-prevention-strategy-2019-2029-and-plan-2019-2024-v2.pdf>
 - Scheerder, Gert & Reynders, Alexandre & Andriessen, Karl & Audenhove, Chantal. (2010). *Suicide Intervention Skills and Related Factors in Community and Health Professionals*. *Suicide & life-threatening behavior*. 40. 115-24. 10.1521/suli.2010.40.2.115. Available at https://www.researchgate.net/publication/44594850_Suicide_Intervention_Skills_and_Related_Factors_in_Community_and_Health_Professionals

- Françoise Mathieu. 2007. *Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers* available at <https://www.compassionfatigue.org/pages/Top12SelfCareTips.pdf>
- Mental health workers' views about their suicide prevention role, available at <https://pch.psychopen.eu/article/view/174/pdf>
- Seven self-care strategies, available at <https://reflections narratives of professional helping.org/index.php/Reflections/article/view/747/1264>

3 Definition

- *Self-care* refers strategies and/or activities undertaken in support of personal wellness in relation to nutrition, exercise, rest, management of anger and stress, education, training, career development, conflict resolution, mental, physical, or spiritual healing, grief resolution, and changes to the balance of lifestyle between family/whānau, friends, leisure, recreation, and work.

Outcomes and performance criteria

Outcome 1

Explain own role when supporting a suicidal person.

Performance criteria

- 1.1 Own role when supporting a suicidal person is explained in terms of the impact of legal obligations.

Range: must include duty of care, privacy, and when safety over-rides privacy.

- 1.2 Own role when supporting a suicidal person is explained in accordance with organisational policies and procedures.

Range: must include boundaries.

Outcome 2

Explain potential impacts of suicide on a person working in suicide prevention, intervention or postvention, and describe possible self-care options and support that could be provided when the person impacted is a co-worker.

Performance criteria

- 2.1 Potential impacts of suicide on a support worker are explained in accordance with the criteria named in organisational professional supervision policies and procedures or professional training documentation.

Range: potential impacts must include but are not limited to: trauma, self-blame, blame from the family and/or whānau of the person.

2.2 Self-care options are described in terms of self-care strategies and/or activities that match own symptoms and needs.

Range: minimum of four options

2.3 Options for supporting a co-worker are described in terms of strategies and/or activities that match their potential symptoms and needs.

Range: minimum of four options

Planned review date	31 December 2025
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	Month 2020	N/A

Consent and Moderation Requirements (CMR) reference	24
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This CMR can be accessed at <http://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.