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MENTAL HEALTH AND SUICIDE RISK MANAGEMENT, CRISIS INTERVENTION AND INCIDENT RESPONSE

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By:**

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PROGRAM OVERVIEW

A crisis can escalate within minutes, and an unprepared response can carry life-changing consequences. During a mental health or suicide-related crisis, warning signs are often subtle, risk can shift within moments, and professionals are required to make critical decisions under intense pressure. The ability to **recognize risk early, determine the right response, and coordinate timely intervention** is therefore one of the most valuable capabilities any professional can hold.

This certified program is designed to deliver comprehensive knowledge and advanced practical skill in mental health and suicide risk management, crisis intervention, and incident response. You will master an extensive spectrum of essential disciplines, including **mental health crisis assessment, suicide risk identification and intervention, psychological first aid, crisis communication and de-escalation strategies, trauma-informed care, behavioral risk assessment, and evidence-based crisis management frameworks**. The program equips you with both the theoretical foundation and the practical competence to rapidly assess, stabilize, and coordinate effective responses to individuals experiencing acute **psychological distress** across diverse organizational and community settings. You will also build the leadership capability to establish **crisis response protocols**, coordinate multidisciplinary teams, and implement proactive mental health risk management strategies.

The program further examines specialized domains such as

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4.8



4.6





PROGRAM OVERVIEW

managing **complex psychiatric emergencies**, responding to **self-harm and suicide incidents**, supporting vulnerable and high-risk populations, navigating **legal and ethical responsibilities**, and strengthening organizational preparedness through crisis planning and incident response frameworks. You will develop authoritative expertise in **post-crisis recovery, critical incident debriefing, referral and continuity of care**, stakeholder communication, and the cultivation of resilient, psychologically safe cultures that sustain long-term mental wellbeing and organizational readiness.

Upon successful completion, you will earn the **Certification in Mental Health Crisis and Suicide Risk Management**. This professional credential validates your capability in suicide risk assessment, crisis intervention, and incident coordination, and demonstrates your readiness to lead a safer, better-coordinated response when a critical situation arises.

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KEY SKILLS YOU WILL GAIN

From This Program



**MENTAL HEALTH DISORDER RECOGNITION
MENTAL HEALTH CRISIS RECOGNITION
EARLY WARNING SIGN IDENTIFICATION
SUICIDE RISK FACTOR ASSESSMENT**

**PROTECTIVE FACTOR ASSESSMENT
STRUCTURED SUICIDE RISK ASSESSMENT
SUICIDE PREVENTION STRATEGY APPLICATION
CRISIS SEVERITY ASSESSMENT**

**DISTRESS AND CRISIS DIFFERENTIATION
EARLY CRISIS INTERVENTION
ESCALATION AND REFERRAL PLANNING
TRAUMA-INFORMED PRACTICE**

**PSYCHOLOGICAL SAFETY MANAGEMENT
RE-TRAUMATIZATION PREVENTION
CRISIS DE-ESCALATION
ACTIVE LISTENING UNDER PRESSURE
EMPATHETIC CRISIS COMMUNICATION**

**AGE-APPROPRIATE CRISIS RESPONSE
CULTURAL SAFETY AND INCLUSION**

YOUR FACULTY DIRECTOR



Perrin Abbas

Award-Winning Suicide Prevention Advocate and Certified Mental Health First Aid Instructor

Perrin Abbas is an **award-winning mental health and suicide prevention practitioner** with more than **20 years of experience in mental health and wellbeing** and over 26 years of facilitation experience. A **certified Mental Health First Aid Instructor and Suicide Prevention Facilitator**, she has delivered programs across mental health, suicide prevention, crisis intervention, and wellbeing for government, corporate, community, and education audiences.

Perrin serves on the **South Australian Suicide Prevention Council**, which advises the Minister for Health and Wellbeing on suicide prevention and postvention priorities. Her contribution to the field has earned her a **State Award in Suicide Prevention** and a nomination for the National Award. She also facilitates peer support through **Solace After Suicide** and collaborates with organizations including **Wesley Mission and StandBy**, bringing hard-won, front-line insight into suicide prevention, crisis support, and recovery to every session she leads.

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PROGRAM AGENDA

MODULE 1 - MENTAL HEALTH (MH) DISORDERS AND CRISIS RECOGNITION

- Overview of common MH disorders
- Recognising signs, symptoms and risk
- How disorders can present differently across cultures and communities

MODULE 2 - SUICIDE RISK ASSESSMENT & PREVENTION STRATEGIES

- Understanding risk and protective factors
- Structured suicide risk assessment approaches
- Evidence-based prevention strategies

MODULE 3 - MENTAL HEALTH CRISIS ASSESSMENT & EARLY INTERVENTION

- Distinguishing distress from crisis
- Early intervention frameworks
- Pathways to escalate or refer appropriately

MODULE 4 - TRAUMA-INFORMED CARE & PSYCHOLOGICAL SAFETY

- Principles of trauma-informed practice
- Creating psychologically safe environments
- Avoiding re-traumatization

MODULE 5 - CRISIS COMMUNICATION & DE-ESCALATION TECHNIQUES

- Verbal and non-verbal de-escalation skills
- Active listening under pressure
- Communicating with empathy in high-stress situations

MODULE 6 - SUPPORTING CHILDREN, ADOLESCENTS & VULNERABLE POPULATIONS

- Age-appropriate crisis response
- Cultural safety and inclusion across diverse communities
- Additional considerations for at-risk and vulnerable groups

MODULE 7 - MANAGING HIGH-RISK MENTAL HEALTH EMERGENCIES

- Identifying and responding to imminent risk
- Immediate safety planning
- Coordinating with emergency services

MODULE 8 - EVIDENCE-BASED CRISIS INTERVENTION MODELS

- Overview of leading crisis intervention frameworks
- Applying models in workplace and community settings



PROGRAM AGENDA

- Adapting models to different populations

MODULE 9 - MENTAL HEALTH INCIDENT RESPONSE, EMERGENCY COORDINATION & LEGAL / ETHICAL RESPONSIBILITIES

- Emergency coordination roles and responsibilities
- Duty of care, confidentiality and consent
- Legal and ethical boundaries in crisis response

MODULE 10 - CRITICAL INCIDENT STRESS MANAGEMENT (CISM) & RECOVERY PLANNING / POST-CRISIS CARE

- CISM principles and defusing / debriefing techniques
- Supporting recovery after a critical incident
- Building post-crisis care plans

MODULE 11 - LEADERSHIP IN MENTAL HEALTH CRISIS MANAGEMENT & ORGANIZATIONAL RESILIENCE

- Leading through a mental health crisis
- Building organizational resilience
- Embedding a sustainable mental health culture

YOUR CHARTER DESIGNATION



Chartered Institute of Professional Certifications' programs are unique as they provide you with professional charter designations and marks that can be used across your lifetime once you have completed our programs.

Upon successfully completing this program, you will be awarded the **Certification in Mental Health Crisis and Suicide Risk Management**, which can be added to your resume, CV, and professional credentials. The certification carries **lifelong validity** and stands as lasting evidence of your commitment to strengthening professional capability in mental health crisis response.

The certification affirms your ability to apply structured approaches to **suicide risk assessment, crisis intervention, de-escalation, and incident response coordination**, and to drive safer outcomes and more resilient organizational responses. Developed by the **Chartered Institute of Professional Certifications**, the program content has been independently accredited by the **CPD Certification Service** in accordance with recognized Continuing Professional Development principles.

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CONTACT US TODAY

We Thank You for Your Ongoing Support
of Our Programs

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