

■ Suicide Prevention Trainer — Knowledge Check Quiz

15 Multiple Choice Questions | Free Trainer Resource | trainerresources.com

Instructions: Circle or tick the correct answer for each question. This quiz covers key knowledge areas for the **Suicide Prevention Trainer** course. Pass mark: 12/15 (80%). Answers are provided on the final page.

Q1. What is the most important thing to do if you are concerned someone is suicidal?

- A) Ignore it and hope it passes
- B) Ask them directly if they are thinking about suicide
- C) Call 999 immediately
- D) Tell their family

Q2. Does asking about suicide increase the risk?

- A) Yes, always
- B) No — research shows asking about suicide does not increase risk and can provide relief
- C) Sometimes
- D) Only in vulnerable people

Q3. What is the ASIST model?

- A) A risk assessment tool
- B) Applied Suicide Intervention Skills Training — a two-day training programme for suicide first aid
- C) A mental health assessment
- D) A crisis line protocol

Q4. What are warning signs of suicidal ideation?

- A) Only talking about death
- B) Talking about wanting to die, giving away possessions, withdrawal, hopelessness, previous attempts
- C) Only depression
- D) Only substance misuse

Q5. What is a safety plan?

- A) A fire evacuation plan
- B) A personalised plan developed with someone at risk, identifying warning signs, coping strategies and support
- C) A risk assessment
- D) A hospital admission plan

Q6. What is means restriction?

- A) Restricting access to mental health services
- B) Reducing access to methods of suicide — e.g. medication storage, bridge barriers
- C) A legal restriction
- D) A medication reduction

Q7. What is the Zero Suicide framework?

- A) An impossible goal
- B) A whole-organisation approach to suicide prevention in health and social care settings

- C) A government target
- D) A clinical protocol

Q8. What is postvention?

- A) Prevention before a suicide attempt
- B) Support provided after a suicide or attempted suicide to those affected
- C) A type of therapy
- D) A risk assessment

Q9. What is the role of the Samaritans?

- A) A government agency
- B) A charity providing confidential emotional support to people in distress — 116 123
- C) A mental health hospital
- D) A crisis team

Q10. What is a crisis plan?

- A) A business continuity plan
- B) A plan for what to do in a mental health crisis — who to call, what helps, what to avoid
- C) A hospital admission plan
- D) An emergency evacuation plan

Q11. What is the difference between suicidal ideation and intent?

- A) They are the same
- B) Ideation = thoughts about suicide; intent = a plan or intention to act on those thoughts
- C) Intent is less serious
- D) Ideation always leads to action

Q12. What is the CALM model in suicide intervention?

- A) A relaxation technique
- B) Connect, Ask, Listen, Make safe — a framework for suicide intervention conversations
- C) A clinical assessment
- D) A therapy model

Q13. What is the impact of suicide on those bereaved?

- A) Minimal impact
- B) Complex grief, increased risk of suicide themselves, stigma, guilt, trauma
- C) Only affects immediate family
- D) No different from other bereavement

Q14. What is the UK's national suicide prevention strategy?

- A) There is no national strategy
- B) Suicide Prevention Strategy for England 2023-2028 — targeting high-risk groups and settings
- C) A clinical guideline only
- D) A police strategy

Q15. What should you do after a difficult conversation about suicide?

- A) Forget about it
- B) Document, debrief with a colleague or supervisor, access support for yourself
- C) Only document if the person is admitted to hospital

D) Only tell management

Answer Key

Q1: B Q2: B Q3: B Q4: B Q5: B Q6: B Q7: B Q8: B Q9: B Q10: B Q11: B Q12: B Q13: B Q14: B Q15: B

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