

More questions than answers

This blended learning course was developed by Cruse Bereavement Care Scotland (CBCS) in collaboration with NHS Health Scotland. It builds on training developed by CBCS and is based around interviews with people who have been bereaved by suicide.

There are two components:

1. An e-learning module (estimated 2-4 hours study time). Successful completion of the e-learning module is a pre-requisite for attending component 2.
2. Three face-to-face workshops, each designed for a different audience with a slightly different focus.

Outcomes of e-learning module:

- ◆ to raise awareness of the effects of loss and grief
- ◆ to provide a basic understanding of the experience of people who have been bereaved by suicide
- ◆ to explore own thoughts, beliefs and feelings about suicide, including people who take their own lives and people who are bereaved by a suicide death
- ◆ to increase understanding of the impact of suicide and particular issues and difficulties facing people bereaved by suicide

Cruse Bereavement Care Scotland

- ◆ is primarily committed to promote the wellbeing of bereaved people throughout Scotland
- ◆ offers a wide range of bereavement support, training and education
- ◆ has a network of trained volunteers to help people who are bereaved to understand grief and to undertake the journey of recovery
- ◆ offers a variety of training courses and development opportunities for individuals and organisations
- ◆ has a range of leaflets and other publications for bereaved adults, young people and children

www.crusescotland.org.uk

Cruse Bereavement Care Scotland
(also known as CBCS)
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