

Be A Samaritan

Suicide prevention is everyone's business.

Let's shift from a culture of silence to one of openness and empathy by empowering the wider community to be more vigilant and to support those in distress.

Be A Samaritan (BAS) is a 2-part programme which aims to equip the community with the knowledge and skills to be a first responder to anyone facing a suicide crisis by engaging and encouraging distressed individuals to seek help and providing them with emotional support in an empathetic manner.

This 2-part programme comprises of:

Part 1: Suicide Prevention 101

With this 1-hour asynchronous e-learning, be equipped with the basic knowledge of suicide prevention and how to better support your loved ones who are facing a crisis.

1. Articulate local statistics and the impact of suicide
2. Identify facts and myths about suicide
3. Identify suicide warning signs
4. Explain the suicidal mind
5. Articulate the 3A approach in responding to someone suicidal

Part 2: #HowRU Workshop

In this 2-hour workshop, learn the practical skills on how to demonstrate the 3A approach through role plays and assessments to help someone in distress.

Alert

Identify suicide distress

Approach

Use empathy and suicide question when approaching someone in suicide distress

Assist

Match community resources or help available to person-in-distress



Samaritans
of Singapore

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To register for the programme, please scan the QR code or visit www.sos.org.sg to find out more.

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Junior

The **Be A Samaritan Junior** programme is designed to equip youths aged 13-16 with essential skills and knowledge in suicide prevention and awareness. This engaging and interactive 2-hour course empowers young individuals to make a positive impact within their communities by understanding and addressing the challenges related to suicide. Participants will learn practical skills like empathy and Samaritans of Singapore's (SOS) 3A Framework to ensure they are well-prepared to support their peers if necessary.



By the end of the course, participants will be able to:

- **Understand Suicide Awareness**
- **Recognise Warning Signs**
- **Demonstrate the SOS 3A Framework**
- **Develop a Personal Safety Plan**

To register your interest and for further enquiries, please email us at community@sos.org.sg

About SOS

Samaritans of Singapore Limited (SOS) is a secular, non-profit suicide prevention centre. Since its establishment in 1969, SOS has developed into a professionally run and managed organisation. It adopts a holistic approach to suicide-related topics, focusing on prevention, intervention and postvention, an intervention conducted after a suicide for loved ones and friends.

With the mission to be an available lifeline to anyone in crisis, SOS offers emotional support to people in crisis, thinking of suicide, or affected by suicide. All information shared with SOS is treated as confidential and people can choose to remain anonymous.

24-hour Hotline: 1767

24-hour CareText: 9151 1767 (via WhatsApp)

SOS Samaritans of Singapore | Be A Samaritan

   @samaritansofsingapore

www.sos.org.sg

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