

# Be A Samaritan: Train-the-Trainer

## More trained, more lives saved

As the need for emotional support grows in Singapore, we must build a network of trained gatekeepers within our schools, workplaces, and communities. Suicide prevention is a shared responsibility—and everyone can play a part in recognising individuals in distress and responding with empathy.

Through the Train-the-Trainer programme, individuals are equipped with the tools, knowledge, and confidence to conduct SOS's Be A Samaritan programme in their space of influence—multiplying our collective capacity to support those in crisis.



# Training More Samaritans in Your Organisation

For longer term sustainability

## Theory Suicide Prevention 101



## Practice #HowRU Workshop



## Train-the-Trainer

In this 2-day training programme, acquire the expertise to train your colleagues or students to be equipped with the knowledge and skills to be a first responder to anyone facing a crisis.



## During BAS workshops,

- ✓ Execute the onsite BAS programme for designated audience
- ✓ Demonstrate facilitation and engagement skills
- ✓ Apply adult learning principles to equip facilitators within the organisation
- ✓ Manage difficult situations using appropriate intervention

Every suicide deeply affects 6 to 10 close individuals and can impact up to 135 people in their wider circles. By being trained, you'll not only gain the skills to recognise and respond to someone in distress, but also spark a ripple effect of empathy, awareness, and life-saving support.



Ready to create more emotionally safe spaces in your community?  
Sign up to be a trainer today.  
Email [community@sos.org.sg](mailto:community@sos.org.sg) for more information.

**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.