

A total of 351 students have undertaken 'Talking about Suicide – Ten Tools' training which is the first component of Dr SAMS (Suicide Awareness in Medical Students).

Students who selected 1 - 4 in the first column of the question and what their uplift in confidence was afterwards.	Spotting the signs of someone struggling (possibly with thoughts of suicide)	Asking someone if they are thinking of suicide	Listening to someone without trying to fix their problems	Connecting them with someone who can help more
Percentage of students confidence before training	12% of students rated themselves 1 - 4 on a scale of 10, being able to recognise the signs of someone having suicidal thoughts	59 % of students rated themselves 1 - 4 on a scale of 10, being able to ask someone if they were thinking of suicide	30 % of students rated themselves 1 - 4 on a scale of 10, being able to listen to someone without trying to fix their problems	30 % of students rated themselves 1 - 4 on a scale of 10, being able to connect them with someone who can help them more
Confidence after training	These exact same students confidence and knowledge increased by 187% after the training session	These exact same students confidence and knowledge increased by 220% after the training session	These exact same students confidence and knowledge increased by 180% after the training session	These exact same students confidence and knowledge increased by 129% after the training session
Overall confidence of the group went up by	46%	98%	61%	73%

- I think it was really good overall. I also think this should maybe be part of the medical school syllabus as I think a lot of the ideas transcend this subject.
- Really well-educated trainers who took both a rational approach but also an emotional and empathetic approach
- I was nervous that the training would be quite intense but it was done in such an approachable format and everyone who ran the session was really friendly which made it more comfortable. I feel so much more confident around talking about suicide and I feel much better equipped for if I have to have the conversation with someone.
- Excellent session - very insightful, and I have learnt a lot of new skills that I would now feel confident having a conversation with someone about suicide, whereas I wouldn't have before. I'm glad you included actual examples of what you could say in certain situations as well. I also enjoyed the interactive-ness of the talk.
- interesting, helpful it makes me want to engage more and try to understand people better.
- I found it so helpful and though the content as well as the way it was run was amazing. Having the polls, the interactive activities (map, where on body etc), and the slides themselves were very digestible and easy to understand. Otis was lovely, very engaging and seemed very genuine.
- Really well designed training. The level of engagement was perfect, and the content was really well thought through but concise enough to not be too much and didactic.

- I felt that the training was very informative and valuable. It helped me to understand and identify possible signs of suicide and what you can do in response to that situation. As a result, this training has made me feel more confident and better equipped.
- Really useful training that that can be used in both my professional and personal life that hopefully means being able to help someone more than I would have been able to in the future. I really appreciated all the resources at the end for who you can refer on to.
- What stood out to me the most was how to directly ask someone if they are considering suicide. I feel like before I would have been nervous to say something so direct but now I would feel comfortable doing it.
- The interactive zoom features made me feel a lot more safe as the topic is personal for me. That way I could learn and participate while keeping myself at a safe distance from the topic.
- Loved all the interaction, 90 minutes flew by.
- Very relevant and concise but emphasis given to the main points when needed. I wondered whether could add some advice on suicide first aid at all for example what to do if you find someone in an act more acutely in the process of suicide although this may require a whole additional hour or course so no worries if not. This in itself was useful and well timed.
- I'm glad you chosen to focus on the initiation of the conversation and linking to others which is by far the most important part of suicide 1st aid. Given the time, this format is much cleaner than seeking ambivalence and safety planning. As medics however, the expectation will be that we will be the others' with whom to link, for which I'm grateful you mentioned ASSIST which is a likely next step.
- Subtitles for the audio conversations between the students to make the conversations easier to follow for those that are hard of hearing.
- Just wanted to say this was very good and very important. Maybe this could work with the BSMS curriculum especially in our module 201 and should really be something implemented in the medical school curriculum as this is an important tool we can use.
- Brighton has a really serious drug problem, it would be great if this could be incorporated with the teaching too just so we are better informed as to how to approach those who are taking drugs and having suicidal thoughts
- Potentially, the person in question may not speak English as a first language. If there are any foreign-language services available (unsure) it might be good to mention them as well
- Loved how the training had been maximised for Zoom with the participation elements in the first half. I think it might have benefitted from more thorough practical examples of the steps in action? Realise this might take up too much time.
- Talk to Sam about who to collaborate with in MedSoc as that would be a good way to reach more students from lots of years