



## Suicide Prevention Training ...

**Aims:** Both nationally and regionally we are challenged with preventing suicide. By training our community we can tackle the stigma associated with suicide and reach many more people and their families. This half day training course focuses upon a community approach to suicide prevention and is suitable for people who work on the 'frontline' of delivery of services with people age 15 and over. **This training is funded by Gateshead Council for those living and working within the Gateshead locality**

### Objectives:

- Offer support and information to people who are experiencing suicidal thoughts
- Support local people to identify 'a life worth living' and equip workers and volunteers with the confidence, skills and knowledge they need to offer support and information to a potentially suicidal person.
- Provide them with knowledge to signpost to local services and access the relevant pathway of support
- Reduce suicides
- Upon completion of the training delegates will have developed competencies in the areas of skills, knowledge and attitudes associated with suicide prevention.

**There are many myths about suicide, get the facts  
.....attend the training. Due to the subject of this training it is not recommended for those who have recently been bereaved and for some who may be experiencing suicidal thoughts.**

Training will take place at the **Dryden Centre from 12.30 pm until 4.30 pm.**  
To book a place please complete and return booking form to **training@washingtonmind.org.uk**

Tuesday 13<sup>th</sup> November

**A confirmation email will be sent upon booking form receipt, Please do not attend if you do not get confirmation.**

For more information contact Washington Mind  
Telephone: 0191 4178043 or visit  
[www.wellbeinginfo.org/life](http://www.wellbeinginfo.org/life)

