



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 intervention. **This training is funded by Sunderland City Council and places are limited to those working and/or residing Sunderland.**

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 workshop 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 factsattend 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.

Please note that this training has been funded for frontline workers, volunteers, and employers working with young people in Sunderland and young people themselves aged over 16 who wish to increase their knowledge, skills and confidence with regard to suicide prevention, to offer support and information with the aim of saving lives.

Date	Time	Venue
Thursday 8 th November 2018	12.30pm – 4.30pm	North East Business and Innovation Centre (BIC), Enterprise Park East, Wearfield, Sunderland SR5 2TA

Please arrive at 12.15 for a 12.30 start.

Due to high demand there are certain funding restrictions that apply to booking places on this training.

For more information or to book a place contact Washington Mind Telephone: 0191 4178043 Email: training@washingtonmind.org.uk or visit Website: www.wellbeinginfo.org/life



Washington Mind will contact you with any relevant changes prior to the training

We are a member of the

