

Free training course



SEE THE SIGNS SAVE A LIFE

See the signs of suicide risk

This training is an introduction to basic suicide awareness.

(For those who live or work in, Bedfordshire, Luton & Milton Keynes)

Around 6,000 people die by suicide each year in the UK

1 in 5 will experience suicidal thoughts at some point in their life



By
will:-

attending you

- Be able to recognise the signs and symptoms of someone who maybe having suicidal thoughts
- Identify tools and techniques so you can support the person in crisis, including stayalive app
- Identify how to communicate with a person with suicidal thoughts
- Recognise the importance of early professional help

Spaces are limited and must be pre-booked - Please select your chosen date, time, and location

| Date | Time | Venue |
|---------------------------------|-------------------|-------|
| Tue 7 th June | 9.30am – 12.00pm | TEAMS |
| Wed 15 th June | 9.30am – 12.00pm | TEAMS |
| Mon 20 th June | 12.30pm – 15.00pm | TEAMS |
| Mon 4 th July | 14.00pm – 16.30pm | TEAMS |
| Tue 12 th July | 9.30am – 12.00pm | TEAMS |
| Tue 2 nd August | 10.00am – 12.30pm | TEAMS |
| Wed 3 rd August | 9.30am – 12.00pm | TEAMS |
| Mon 5 th September | 14.00pm – 16.30pm | TEAMS |
| Tue 20 th September | 14.00pm – 16.30pm | TEAMS |
| Mon 10 th October | 9.30am – 12.00pm | TEAMS |
| Tue 18 th October | 10.00am – 12.30pm | TEAMS |
| Tue 6 th December | 9.30am – 12.00pm | TEAMS |
| Mon 16 th January 23 | 14.00pm – 16.30pm | TEAMS |
| Mon 6 th February 23 | 9.30am – 12.00pm | TEAMS |
| Tue 21 st March 23 | 9.30am – 12.00pm | TEAMS |

To book your place or find out more information please contact:-

Mind BLMK Training

Telephone: 0300 330 0648 option 6

Email: training@mind-blmk.org.uk

Visit our website: www.mind-blmk.org.uk