

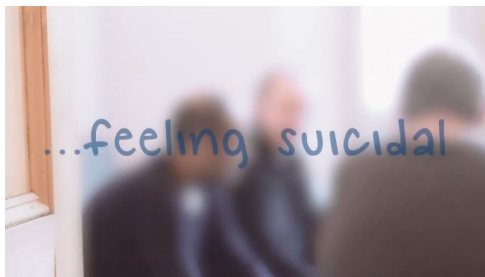


## Staffordshire & Stoke on Trent Suicide Prevention Programme

# *Suicide Awareness and Prevention Training*

*(Funded half-day tutor-led training on Zoom)*

Suicidal feelings can affect anyone, of any age, gender or background; at any time.....The main aspect of supporting someone through this is compassion, listening and most importantly not over-reacting or becoming upset. Remaining calm and talking the situation through is extremely important.” (Mind, 2020)



### **This training will help you to:**

- ✓ Tackle misconceptions and stigma regarding suicide
- ✓ Recognise the signs that someone may be at risk
- ✓ Have open and honest dialogue about suicide
- ✓ Use a simple 4 step suicide intervention
- ✓ Signpost to local support services

## **2022 Programme - course dates:**

- Tuesday 7<sup>th</sup> June (9.30am – 1pm)
- Thursday 9<sup>th</sup> June (9.30am – 1pm)
- Wednesday 15<sup>th</sup> June (9.30am – 1pm)
- Tuesday 21<sup>st</sup> June (9.30am – 1pm)
- Saturday 9<sup>th</sup> July (9am – 12.30pm)
- Tuesday 12<sup>th</sup> July (9.30am – 1pm)
- Wednesday 7<sup>th</sup> Sept (4pm – 7.30pm)
- Tuesday 13<sup>th</sup> Sept (9.30am – 1pm)
- Thursday 22<sup>nd</sup> Sept (9.30am – 1pm)

**To book a place on this training course please email:  
[suicideprevention@staffordshire.gov.uk](mailto:suicideprevention@staffordshire.gov.uk)**

**For more information on our #Talksuicide campaign:  
[www.staffordshire.gov.uk/TalkSuicide](http://www.staffordshire.gov.uk/TalkSuicide).**