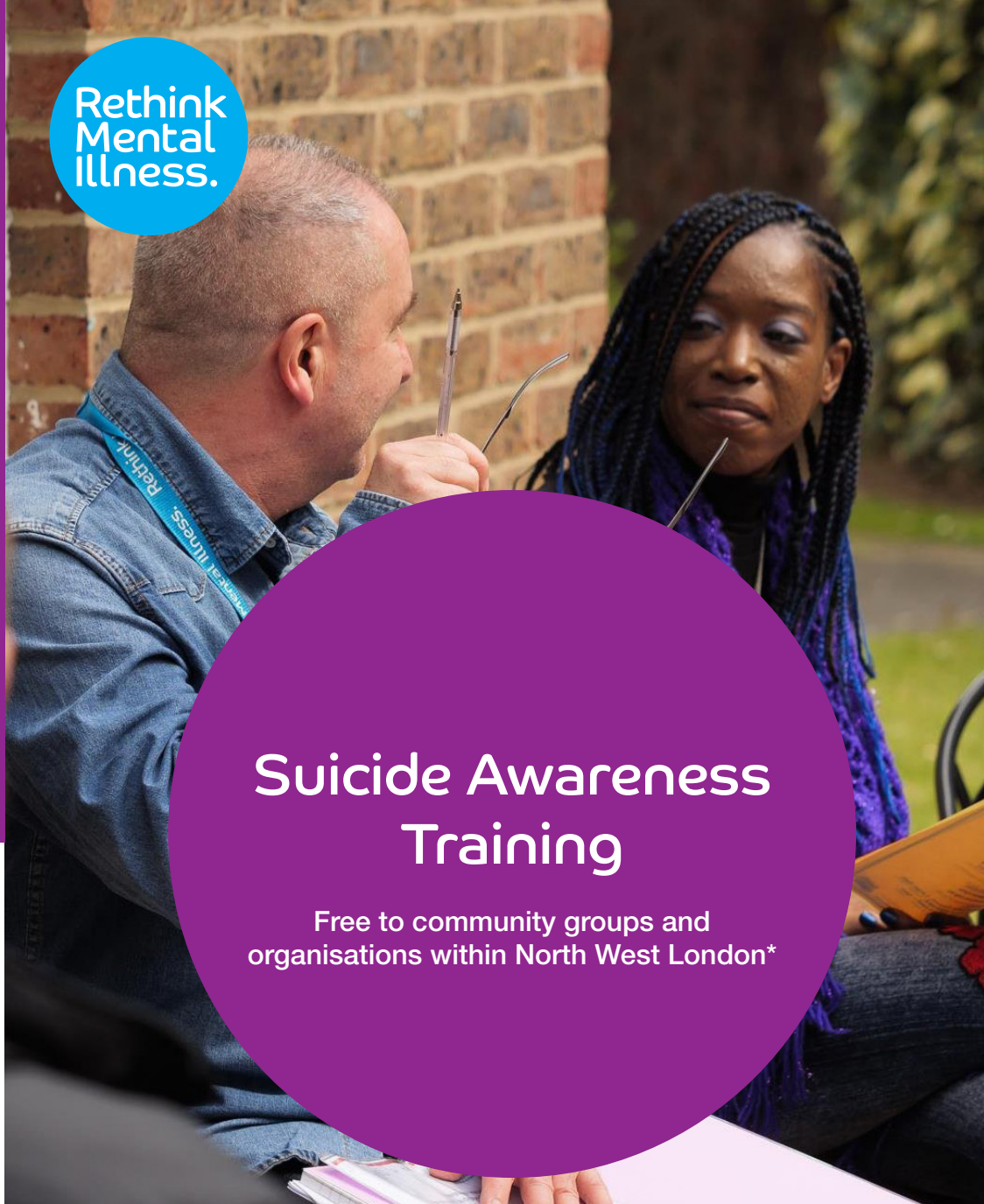


For further information
or to book your session
please contact us!

training@rethink.org
or tel: 0333 2225878



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7TP. Rethink Mental Illness is the operating
company limited by guarantee.



Suicide Awareness Training

Free to community groups and
organisations within North West London*



*borough dependent & subject to availability

As part of a new community response to suicide we are delighted to be able to offer free Suicide Awareness Training to organisations and community groups within the London Boroughs of*:

- Brent
- Harrow
- Hillingdon
- Westminster
- Kensington & Chelsea
- Hammersmith & Fulham
- Hounslow
- Ealing

The training is:

- Free to you (fully-funded by public funding)
- Delivered in 1x 4 hour session (with breaks)
- Delivered online or in-house at your organisation (dependent on COVID-19 guidance and restrictions)
- Available to groups of 12-20 participants (please get in touch to discuss options for smaller groups)
- Available to those aged 18 and over

We are offering

The training will cover

- How to look after yourself
- The stigma associated with suicide and how we can challenge this
- Warning signs of suicide
- How to hold a safe conversation with someone who is having thoughts of suicide

This training has been specially co-produced by lived experience experts

Participants will receive

- An e-pack full of useful resources and tools
- Signposting resources and sources of support
- Factsheets relating to suicide in your borough
- Resources to run your own Suicide Awareness session
- A certificate of attendance