



Suicide Prevention Awareness Training Opportunities September 2023



World Suicide Prevention Day
Creating Hope Through Action

September 10



Suicide Prevention Training

6th September 2023

How HR, MHFAs & Champions can respond to suicide risk in the workplace



As part of our commitment to World Suicide Prevention Day, Everymind is hosting a live-streamed session that provides practical guidance on how to work together as advocates for suicide prevention in the workplace.

The Everymind at Work team are hosting a FREE live-streamed session that provides practical guidance on how to respond to suicide risk in the workplace.

Taking place on ***Wednesday 6th September at 1pm***. The link to sign up is in the comments below.

Register <https://my.demio.com/ref/8QNaWMc7k17grftm>

Ahead of World Suicide Prevention Day (10th October), we invite MHFAs, Champions, and HR professionals to join us in taking action. This live-streamed upskilling session will provide practical guidance on how to work together as true advocates for suicide prevention and understand how to support colleagues in crisis. The session will be panel-led with us joined by Paul McGregor (Founder, Everymind at Work), Kayleigh Fuller (Training & Development Lead, Everymind at Work) and Milly Dexter (Trainee Counselling Psychologist, Everymind at Work). Together, they'll discuss:

The key steps MHFAs, Champions and HR should take if they encounter a crisis situation.

- An effective 4-stage risk assessment model you can utilise.
- Valuable tools and strategies to address suicide risk in the workplace.
- Ways each group can promote better mental health and create a supportive workplace culture.

Register <https://my.demio.com/ref/8QNaWMc7k17grftm>

7th September 2023

Mental Health Online: Suicide Prevention Webinar



Provided by The Mental Health and Wellbeing Show and Ajuda Limited, this webinar takes place via ZOOM from 10am-12pm. Join them to learn more about the ways in which you can support those who are feeling suicidal.

One in every 100 deaths worldwide is the result of suicide. It can affect every one of us. Each and every suicide is devastating and has a profound impact on those around them. However, by raising awareness, reducing the stigma around suicide, and encouraging well-informed action, we can reduce instances of suicide around the world. **World Suicide Prevention Day** is an opportunity to raise awareness of suicide and to promote action through proven means that will reduce the number of suicides and suicide attempts globally. **Speakers include:** Papyrus & The Samaritans

You can book via the following link: [Mental Health Online: Suicide Prevention Tickets, Thu 7 Sep 2023 at 10:00 | Eventbrite](#)

8th September 2023

ZSA train-a-thon



www.zerosuicidealliance.com are also holding a ZSA train-a-thon on Friday the 8th of September 2023. Based on the Zero Suicide Alliance 20-minute suicide awareness training, there are three 1.5 hour train-a-thon sessions which will cover more around suicide awareness and prevention including:

- Suicide facts
- Discussion around suicide, stigma, and language
- Suicide warning signs
- Tips for preparing to have a conversation with someone you're worried about
- The importance of being direct
- Scenarios and case studies to demonstrate how to put into practice the tips covered.
- A question-and-answer session with the training hosts!

Choose a session that works for you:

- **Morning session:** 10.00 to 11.30am (GMT)
- **Afternoon session:** 1.00 to 2.30pm (GMT)
- **Evening session:** 6.30 to 8pm (GMT)

After the session you'll get a certificate of completion and resources relating to the course content. Visit <https://www.zerosuicidealliance.com/zsa-trainathon-2023> to register today!

11th and 12th of September, 2023

"safeTALK" Workshops



safeTALK
suicide alertness for everyone

North Lincolnshire Public Health are hosting two "safeTALK workshops that will take place on September 11th and 12th 2023, see below and attached poster for further details.

Suicide Alertness for Everyone- Tell, Ask, Listen & Keep-safe.

"safeTALK" is a half-day workshop that increases awareness about suicide risk, prepares participants to identify persons with thoughts of suicide and shows how to connect them with lifesaving first-aid resources

safeTALK training is taking place at:

- **Ashby Link, DN17 2UT, Monday 11th September 2023, 13.00pm until 16.30pm**
LIMITED SPACES
- **Ashby Link, DN17 2UT, Tuesday 12th September 2023, 09.00am until 12.30pm**
FULLY BOOKED

Visit www.eventbrite.co.uk/e/677220273067 to book!

Free Talk Suicide Training



You can take just 20 minutes out of your day to do the Zero suicide alliance training, which can be found by going onto www.talksuicide.co.uk and following the link for training, or www.zerosuicidealliance.com. This training is a suicide awareness session which takes approximately 20 minutes to do. It aims to give you the skills and confidence to help someone who may be considering suicide. It focuses on breaking down stigma and encouraging open conversations.