InterAct

HEADS2MINDS

North East Essex Health & Wellbeing Alliance

FREE Suicide Post & Pre-vention Training

Essex has a significantly worse rate of suicide than the national average. Areas of particular concern include Tendring and Colchester – which have the second and third highest rates respectively overall in the country.

"To the outside world they were thoughtful, caring and inspirational. Someone with a loving and supportive family, secure job and content life. But inside, they were fighting an invisible battle that not even those closest knew about."

This training programme has been devised to support families and individuals affected by suicide, enabling them to deal with the impact of suicide and the subsequent challenges to their own (and family members') mental health, including increased risk of suicide and/or self-harm, and feelings of isolation/loneliness. Plus learn skills to identify warning signs and how to ask others directly if they have thought about death and/or felt suicidal.

This training workshop offers a comfortable and intimate environment where you can speak and share with others who have experienced similar bereavements. Each workshop lasts for 4 hours and will have a maximum of 10 people in attendance.

There were **4,912 suicides** registered in **2020** in England & Wales

During 2020 suicide claimed **13 lives every day** in England.

Choose one workshop from the following dates:

26th JULY 2022   **17th SEPTEMBER 2022**

Venue: Elim Church Clematis Way Colchester CO4 3PY

Times from: 09:30 to 13:30   **Refreshments included.**

If you are interested and would like to find out more information regarding the FREE workshops please contact Lesley Bailey or Liz Rotheram

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disability confident COMMITTED

MINDFUL EMPLOYER