



Living Matters

SUICIDE ALERTNESS TRAINING

This tailored workshop will look at:

- the facts and figures around suicide
- why we should talk about suicide
- what we can do to help prevent suicide
- the 'signs' that someone may be having thoughts of suicide
- why it is important to ask directly about suicidal thoughts
- what resources are available locally and nationally

Option 1:

Date: Thursday 28th November 2019

Time: 9:30 to 13:00

Place: Workington Fire Station

Option 2:

Date: Wednesday 11th December 2019

Time: 13:00 to 16:30

Place: Ewanrigg Community Centre, Maryport

Option 3:

Date: Monday 16th December 2019

Time: 9:30 to 13:00

Place: Wigton Methodist Church

Places are limited and will be reserved on a first come, first served basis. (Further sessions will be arranged if needed)

To book a place, please email:

Jack.Wilson@cumbria.gov.uk

If you have any questions or concerns about the training prior to the event please contact Juliet Gray via email:

juliet@julietgraytraining.co.uk

Do you feel you
are doing enough
to help prevent
suicide?

On average we lose
one person a week in
our county to suicide

Cumbria's suicide
rate is higher than
the national average

Anyone can be at
risk of suicide

We can all make a
difference

SUICIDE IS EVERYONE'S BUSINESS

This training is funded by Public Health, Cumbria County Council