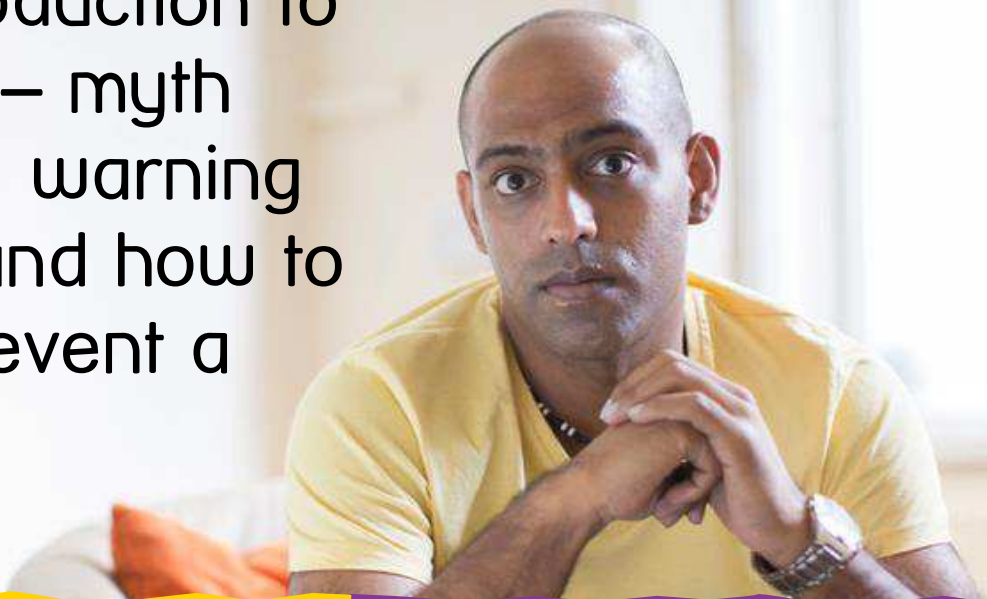


Free!

Suicide Awareness and Prevention training

An introduction to suicide – myth busting, warning signs, and how to help prevent a suicide.



During the period between 2014 – 2016, 457 people over the age of 15 took their own lives in Kent.

Suicide is a difficult and often taboo subject, but we can all learn how to listen to and help someone who is having suicidal thoughts.

West Kent Mind are offering this vital training to anyone who lives or works in Kent free of charge. This offer is for a limited period only!

This half-day workshop offers a rare opportunity to talk openly and ask questions about suicide.

These free courses are fully funded by Kent County Council.

Where and when:

Locations right across Kent

Cost: Free!

Find courses and book online at:

www.westkentmind.org.uk/sap

We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

REGISTERED CHARITY 1044977



Funded by

