



IT'S TIME TO #LETSTALKABOUTSUICIDESSEX EVERY 2 HOURS SOMEBODY IN THE UK TAKES THEIR LIFE THROUGH SUICIDE. HELP US TO CHANGE THIS.

We know it can be daunting, but talking about suicide doesn't have to be difficult and you don't need to be an expert. Being open and ready to have that conversation can help to save someone's life.

We want you to complete FREE training from the Zero Suicide Alliance. The training is available at www.letstalkaboutsucideessex.co.uk and takes just 20 minutes to complete.

20 MINUTES TO SAVE A LIFE

TAKE THE TRAINING AT
WWW.LETSTALKABOUTSUICIDESSEX.CO.UK



Mid and South Essex
Health and Care
Partnership

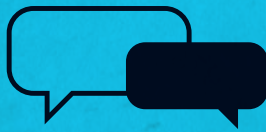


TAKE THE TRAINING. SAVE A LIFE. #LETSTALKABOUTSUICIDESSEX

BY COMPLETING THE FREE
20 MINUTE TRAINING, YOU
CAN LEARN TO:



Spot signs in
people experiencing
suicidal thoughts.



Feel comfortable
speaking about suicide
in a supportive manner.



Signpost individuals
to the correct
services or support.

20 MINUTES TO SAVE A LIFE

JOIN THE CONVERSATION

@LETSTALKABOUTSUICIDESSEX

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