



LOCAL SUPPORT
FOR PEOPLE
FACING SUICIDE

**Suicide prevention
is a priority.**

SUICIDE PREVENTION AWARENESS WORKSHOP

**Join us on Tuesday the 5th of December
between 1 - 2pm**

This workshop explores:

- The current context of suicide
- How suicidal thoughts and feelings can present and what they mean
- How we can help and support to prevent suicide as a community and as individuals
- What support is available



For more information, or to register to
attend, please contact:

safeconnections@mindthnr.org.uk