



TAKE THE TRAINING. SAVE A LIFE. #TALKSUICIDE

EVERY 2 HOURS IN THE UK, SOMEONE WILL TAKE THEIR OWN LIFE.

COMPLETE THE FREE 20 MINUTE TRAINING AND 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

TAKE THE TRAINING AT WWW.TALKSUICIDE.CO.UK

JOIN THE CONVERSATION

@TALKSUICIDEHCV #TALKSUICIDE

