



IT'S TIME TO #TALKSUICIDE 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.talksuicide.co.uk and takes just 20 minutes to complete.

20 MINUTES TO SAVE A LIFE

TAKE THE TRAINING AT
WWW.TALKSUICIDE.CO.UK





TAKE THE TRAINING. SAVE A LIFE. #TALKSUICIDE

**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

TAKE THE TRAINING AT WWW.TALKSUICIDE.CO.UK

JOIN THE CONVERSATION

@TALKSUICIDEHCV #TALKSUICIDE

