



**TAKE THE TRAINING.
SAVE A LIFE.
#TALKSUICIDE**

LEARN HOW TO SPOT THE SIGNS OF SUICIDE.

**TAKE THE FREE SUICIDE
PREVENTION TRAINING AT
WWW.TALKSUICIDE.CO.UK**

**IN 20 MINUTES,
YOU COULD
LEARN HOW TO
SAVE A LIFE.**

SEE



Identify the signs of when someone might be suffering from suicidal thoughts and behaviour.

SAY



Feel comfortable speaking about suicide in a supportive manner.

SIGNPOST



Signpost anyone suffering to the correct services and support.

**JOIN THE CONVERSATION
@TALKSUICIDEHCV #TALKSUICIDE**

