



Free Introduction to Suicide Prevention Training

Open to anyone living or working in
Aberdeen City or Moray

**Delivered by the North East Suicide Prevention Team via
SAMH**

Everyone can do something about suicide prevention

Themes covered:-

- Introduction to the statistics and prevalence of suicide
- Stigma - why does this still exist?
- Spotting the warning signs
- Asking the question around suicide and the power of listening
- Signposting for support and boundaries/looking after ourselves



Scan the QR code to book or visit:-

www.eventbrite.com/cc/isp-training-mixed-ne-1315819

Any questions or looking for a bespoke session for your workplace or community group?



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