

Save a Life, supporting people at risk of suicide

This full day workshop is aimed at those who provide support to local Communities, and regularly interact with members of the public who may be at risk of suicide, meaning you can make an important contribution to suicide prevention. The workshop aims to enable participants to:



- Explore the factors that can cause suicidal thoughts and feelings
- Identify risks, stress and protective factors
- Learn how to ask questions, and have a compassionate conversation about suicide
- Increase knowledge about practical and emotional support
- Learn how to increase safety through the development and use of safety plans
- Recognise their role in suicide prevention

Wellbeing Works, Unit 20a, Level 3
Wellgate Shopping Centre
Dundee
DD1 2DB

Wednesday 23rd July. 09.30 - 16.30

For further information, contact hello@wellbeingworksdundee.org.uk,
or telephone 01382 227288

<https://buytickets.at/wellbeingworksdundee/1709329>

Suicide prevention is everybody's business



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