

# Suicide Prevention and Awareness Training



Maidstone and Mid-Kent Mind are pleased to offer **FREE** Suicide Prevention and Awareness training sessions to anyone in Kent and Medway.

This 3 hour, interactive session will help people recognise the signs that someone may be feeling suicidal; as well as giving people the confidence to support them and reduce the risk of a suicide attempt being made. It will also highlight the support services that are available in Kent and Medway.

This training is fully funded, so spaces are being provided **FREE** of charge to anyone that wants to improve their knowledge and understanding of this very important subject. The training will be useful to anyone who may come across someone (a friend, a family member, a colleague, a member of the public, a stranger) who appears to be struggling with life – in short it will be useful to everyone!

Course running from the Sunlight Centre, Medway (ME7 1LX) from 9:30pm - 12:30pm on the 17th of January 2019.

To book a place on this course please get in touch via the below details:

E-Mail: [mindhelp@mmkmind.org.uk](mailto:mindh@mmkmind.org.uk), or complete the online contact form outlining which course you are interested in attending.