



Support for families in Milton Keynes who are at increased risk of suicide or affected by suicide.

What you will gain

- Build confidence, skills and ability to communicate openly where there is risk of suicide or self-harm, including improving parent-child communication
- Increase understanding of what professional support is available to help
- Develop coping strategies and create actionable safety plans together
- Share experiences and support the reduction of stigma and isolation with others.

Who is it for?

Families who are at risk of self harm or suicide and this may mean the family has been bereaved by suicide or there may have been previous episodes of self harm in the family by either the young person or parent/ guardian. Adults and young people 11+

2 group sessions a month
1.5 hours each

Based in
Milton
Keynes



To find out more, scan the QR code or visit
www.mind-blmk.org.uk

email:
safeharbour@mind-blmk.org.uk



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