

**Suicide and
Domestic Abuse
tears lives apart**

Free Training Course

Links between Suicide and Domestic Abuse

This training is an introduction to the links between suicide and domestic abuse (For those who live in our community or work in, Bedford Borough, Central Bedfordshire & Milton Keynes).

**Spaces are limited and must be
pre-booked - Please select your
chosen date, time, and location**

Date	Time	Venue
27.09.2023	9.30am – 12.00pm	TEAMS
07.11.2023	9.30am – 12.00pm	TEAMS
12.12.2023	9.30am – 12.00pm	TEAMS
23.01.2024	9.30am – 12.00pm	TEAMS

**Did you know 1 in 5 will
experience suicidal
thoughts at some point
in their life**

**Around 6,000 people die by suicide
each year in the UK including
victims of domestic abuse.**

To book your place go to:

- 1 www.mind-blmk.org.uk
- 2 Click on training & education / click courses and workshops
- 3 You can manage your booking through our automated booking service, the joining link will be sent directly to you after booking.
For further support email: training@mind-blmk.org.uk

TURN
OVER



I was too ashamed to
say it was happening
to me 



By attending you will:-

- Be able to recognise the signs and symptoms of someone who maybe having suicidal thoughts specifically linking to victims of domestic abuse and the risk to their perpetrators.
- Identify tools and techniques to support a person in crisis, including stayalive app.
- Identify how to respond to a person disclosing domestic abuse.
- Recognise the challenges of leaving an abusive relationship.
- Statistics on suicide and domestic abuse.
- Identify how to communicate with a person with suicidal thoughts which is linked to domestic abuse.
- Awareness of safety planning and signposting and the importance of early professional help.



www **mind-blmk-org.uk**



**Domestic abuse takes many forms.
Educate yourself and others that there is
always hope, no matter how desperate the
situation may seem!**

**Could you spot the
signs and make a
difference?**

www.mkact.com