



# See the Signs - Save a Life Training

This training is an introduction to basic suicide awareness for those who live or work in, Bedfordshire, Luton & Milton Keynes.

This training is delivered online, and the session is 2 hrs 30 minutes.

Around 6,000 people die by suicide each year in the UK and 1 in 5 will experience suicidal thoughts at some point in their life.

**For more information, please contact:**

e: [hq@mind-blmk.org.uk](mailto:hq@mind-blmk.org.uk)

t: 0300 330 0648 (Option 6)

## **By attending you will:-**

- Be able to recognise the signs and symptoms of someone who may be having suicidal thoughts.
- Identify tools and techniques so you can support the person in crisis, including stayalive app.
- Identify how to communicate with a person with suicidal thoughts.
- Recognise the importance of early professional help.



[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

Charity No. 1068724