



TAKE THE TRAINING. SAVE A LIFE.

#LETSTALKABOUTSUICIDESSEX

EVERY 2 HOURS IN THE UK, SOMEONE WILL TAKE THEIR OWN LIFE.

COMPLETE THE FREE 20 MINUTE TRAINING AND LEARN TO:



Spot signs in
people experiencing
suicidal thoughts.



Feel comfortable
speaking about suicide
in a supportive manner.



Signpost individuals
to the correct
services or support.

20 MINUTES TO SAVE A LIFE

TAKE THE TRAINING AT
WWW.LETSTALKABOUTSUICIDESSEX.CO.UK

JOIN THE CONVERSATION
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Mid and South Essex
Health and Care
Partnership