



LEARN HOW TO SPOT THE SIGNS OF SUICIDE.

TAKE THE FREE SUICIDE PREVENTION TRAINING AT WWW.LETSTALKABOUTSUICIDESSEX.CO.UK

IN 20 MINUTES, YOU COULD LEARN HOW TO SAVE A LIFE.

TAKE THE TRAINING. SAVE A LIFE. #LETSTALKABOUTSUICIDESSEX



Mid and South Essex Health and Care Partnership



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SEE



Identify the signs of when someone might be suffering from suicidal thoughts and behaviour.

SAY



Feel comfortable speaking about suicide in a supportive manner.

SIGNPOST



Signpost anyone suffering to the correct services and support.

JOIN THE CONVERSATION @LETSTALKABOUTSUICIDESSEX #LETSTALKABOUTSUICIDESSEX