



TOUCHPOINTS

We all have a role to play in suicide prevention.



Join us for this FREE community TouchPoints workshop

Learn how to confidently recognise and respond to suicide.

On completion of this workshop, you can expect to have:

- attained a deeper understanding and appreciation of the complexity of suicide
- increased awareness of warning signs and invitations for help
- increased confidence & capacity to engage with people in crises
- improved confidence to connect a person at risk of suicide with support
- an appreciation of the importance of self-care and practical tools to implement
- 'debunked' commonly held suicide myths with facts and lived experience
- practical ways in which to support someone bereaved through suicide
- knowledge on how best to support someone's return to the workplace

These interactive workshops are delivered by Roses in the Ocean trained lived experience trainers. For more information contact



Workshop details:

Date	
Time	
Location	
Venue	



How do I register?

Register to attend this workshop by clicking this registration link or scanning the above QR code with your smart device camera.

What do I need to bring?

You will be provided with a workbook and light refreshments on the day, so just bring a pen and an open mind.