

Suicide Prevention and Awareness Training



Maidstone and Mid-Kent Mind are pleased to offer **FREE** Suicide Prevention and Awareness training sessions to anyone in Kent and Medway.

This 3 hour, interactive session will help people recognise the signs that someone may be feeling suicidal; as well as giving people the confidence to support them and reduce the risk of a suicide attempt being made. It will also highlight the support services that are available in Kent and Medway.

This training is fully funded, so spaces are being provided **FREE** of charge to anyone that wants to improve their knowledge and understanding of this very important subject. The training will be useful to anyone who may come across someone (a friend, a family member, a colleague, a member of the public, a stranger) who appears to be struggling with life – in short it will be useful to everyone!

Courses running across Kent on the 28th of November, 3rd of December, 11th of December, 11th of January and 22nd of February, with more dates T.B.C.

To book a place on this course please get in touch via the below details:
E-Mail: mindhelp@mmkmind.org.uk, or complete the online contact form outlining which course you are interested in attending.

Alternatively, call MMK Mind on 01622 592383.

