

**Identifying and Talking about Suicide**

**Suicide is the biggest killer of young people – male and female – under 35** in the UK. Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.

**Identifying and Talking about Suicide (3 hours) is an accredited half-day course**.

It teaches skills to people who work with young people and adults. This course is suitable for front line staff i.e. school nurses, GPs, practice nurses and emergency department staff.

The key objectives are;

* To consider our attitudes around suicide
* To consider ‘signs’ that may indicate someone is having thoughts of suicide – and how we ask about those
* To understand how to listen to someone talking about suicide – and why that’s important
* To discuss your experiences of supporting people with thoughts of suicide – and the importance of debriefing and self-care

**Dates and venues are as follows;**

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| **Barleylands, Billericay** | **Friday 22nd March** |  | **Tickfield Centre, Southend** | **Monday 1st April** |
| **Thursday 25th April** |  | **Tuesday 30th April** |
| **Wednesday 8th May** |  | **Thursday 16th May** |

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| **Writtle College, Chelmsford** | **Thursday 14th March** |
| **Monday 8th April** |
| **Tuesday 23rd April** |
| **Thursday 9th May** |

**\*\* To book your place please complete the booking form and return to \*\*** **meccg.scn@nhs.net**

**The course runs from 1.30pm to 4.30pm on all of the dates**

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|  | **Training will be delivered by PAPYRUS - the national charity dedicated to the prevention of young suicide:-** [**https://papyrus-uk.org/**](https://papyrus-uk.org/) |  |



**Identifying and Talking about Suicide**

**Booking Form**

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| **Name:** | Click here to enter text. |
| **Organisation name and address:** | Click here to enter text. |
| **Email address:** | Click here to enter text. |
| **Contact Telephone number:** | Click here to enter text. |

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| **Preferred course venue and date:** |
| **Billericay – Barleylands Centre**Choose an item. | **Southend – Tickfield Centre**Choose an item. | **Chelmsford – Writtle College**Choose an item. |
| **Alternative course venue and date if preferred date is not available:** |
| **Billericay – Barleylands Centre**Choose an item. | **Southend – Tickfield Centre**Choose an item. | **Chelmsford – Writtle College**Choose an item. |

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| **Accessibility requirements**Please give details of any specific requirements you would like us to be aware ofClick here to enter text. |
| **Any other information**Please give details of any information relevant to the training deliveryClick here to enter text. |