

# Learn how to have a conversation that could save a life

Buckinghamshire Mind, in partnership with Buckinghamshire Council, is offering **fully funded** Suicide First Aid training to community group, charity or public sector employees and volunteers in Buckinghamshire who support people in the community.

Most people thinking of suicide never get an opportunity to have an open conversation, and many make the biggest decision of their life without talking through what their intentions are.

Register your interest in one of the following free courses to gain skills and confidence to recognise and help someone who is thinking of taking their life to consider their options and stay safe. These courses have been developed by the National Centre for Suicide Prevention Training UK, the UK's most experienced suicide prevention educators.

## Suicide First Aid Lite

### Half day course

This easy to grasp session gives the first step in confidence to intervene with people at risk of suicide. Suitable for those with no prior knowledge of the subject, it builds the foundation of suicide awareness and tackling stigma.

**In person @ High Wycombe Library**

**7 November 2023  
10.00am - 2.00pm**

[Click here to register your interest in the \*\*in-person\*\* course](#)

**Online**

**5 December 2023  
9.30am - 1.30pm**

[Click here to register your interest in the \*\*online\*\* course](#)

## Suicide First Aid Through Understanding Suicide Intervention

### One day course

This City & Guilds accredited programme gives more in-depth knowledge and an opportunity to practice the skills needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach. No prior training or experience is necessary.

**Online**

**11 October 2023  
9.30am - 4.00pm**

[Click here to register your interest](#)

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[bucksmind.org.uk](http://bucksmind.org.uk)



Buckinghamshire  
Council



National Centre for  
**Suicide Prevention**  
Education & Training