

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 the following free course to gain skills and confidence to recognise and help someone who is thinking of taking their life to consider their options and stay safe. This course has 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 greater understanding and 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.

Online

11 April 2024: 9.30am - 1.30pm

Or

5 June 2024: 9.30am - 1.30pm

[Click here to register your interest](#)

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Buckinghamshire
Council



National Centre for
Suicide Prevention
Education & Training