



Working in partnership

Suicide Awareness Course

9am – 1pm, 27th October 2018

Keith Sports and Community Centre

Banff Road, Keith, AB55 5GT

FREE

(£5 refundable reservation fee / donations welcome)

- Identify people thinking of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help

safeTALK: Suicide Alertness For Everyone

Book now:

moraywellbeinghub.org.uk

Facebook: Moray Wellbeing Hub

*This course is delivered in partnership between the Moray Wellbeing Hub
Moray Health & Social Care and Moray Council.*