

Take **ACTION!** this Suicide Prevention Week in Moray!

Get Involved, Gain Skills, Increase **HOPE!**

CREATIVE COMPETITION

Co-Design a positive campaign that encourages hope for those struggling with suicidal thoughts



LAUNCHES
4TH SEPTEMBER

MORAY SUICIDE PREVENTION SURVEY

Open until 30th September



LAUNCHES 4TH
SEPTEMBER

ACT OF REMEMBRANCE



Elgin Town Hall, no need to book just come along.

6TH SEPTEMBER 2PM

WALK OF HOPE

Finding hope around suicide, remembering those we've lost & solidarity for those living with suicidal thoughts.

(Booking required)



5:40AM
10TH SEPTEMBER

FIND OUT MORE:



SUICIDE PREVENTION SKILLS TRAINING (SIPP)

Findhorn Foundation
(Booking required)



12TH SEPTEMBER
10AM - 2PM

Suicide **PREVENTION** Resources:

Grampian Suicide Prevention App
Discover Pathways to Wellbeing in Moray
Mental Health Information in other Languages

These events are delivered and supported by:

