



For better  
mental health

## Training in Mind Workshop

### Working with People in Suicidal Distress

**Learn to work more effectively with people experiencing thoughts of suicide. Wherever you work or volunteer, this course will raise your awareness of warning signs and improve your ability to respond.**

**Cost: £45 voluntary sector / £60 statutory & private sector**

**Dates: Thursday 26<sup>th</sup> January 2012  
Friday 11<sup>th</sup> May 2012**

**Times: 9.30am – 1.00pm**

#### **The workshop will:**

- **Increase your awareness, understanding and knowledge of suicide.**
- **Raise your awareness of warning signs and issues raised for workers.**
- **Improve your ability to respond if you believe that a person you are working with is at risk of suicide.**
- **Provide information about local mental health services and avenues of support.**

**All courses are held at Mind in Brighton and Hove, 51 New England St,  
Brighton BN1 4GQ**

**To book a place, please  
email [info@mindcharity.co.uk](mailto:info@mindcharity.co.uk) or call 01273 66 69 50**