

# Funded Suicide Awareness Training



Would you like to increase your knowledge and understanding of suicide? Would you like to develop your skills to recognise the signs that someone may be at risk? Find out more about having compassionate conversations and how to support people.

Join us for a funded Suicide Awareness training session in Mid & North East Essex between 10am-12.30 on a date that suits you.

Together, we can make sure nobody has to face a mental health problem alone.

**Book your place today at**  
**[www.mnessexmind.org/training](http://www.mnessexmind.org/training)**  
**e mail [training@mnessexmind.org](mailto:training@mnessexmind.org)**  
**or call (01206) 764600**

## **When?**

Thursday 12 Oct

Wednesday 18 Oct

Tuesday 7 Nov

Thursday 16 Nov

## **Where?**

Clacton

Braintree

Chelmsford

Colchester