



4 Mental Health  
Connecting with People

Wiltshire Council

# Community Suicide Awareness Training

Tuesday 4th Feb 2025 09:30 - 12:30 via ZOOM

[Click Here to Register your Attendance](#)

## Key Learning Outcomes Include:

- **Suitable for ALL** i.e. community members with no previous training
- **Tackles myths, stigma** and barriers
- Introduces concept that **suicide is not inevitable** – people can be helped, and module includes the latest research and evidence
- Helps delegates **understand how distress develops** and how people can be best supported
- Develops **common language** between community, services and those in distress
- Gives delegates the confidence and the **skills practice** of talking to someone in distress
- Develops a **compassionate approach** for demanding and time-pressured environments
- Equips the delegate to use [www.StayingSafe.net](http://www.StayingSafe.net) to make their **own Safety Plan**

While this course is free to attend, there has been a significant investment made by Wiltshire Council

If the course is full, please [scan the QR Code](#) to be placed on a waitlist:



SCAN TO JOIN  
WAITLIST

## Testimonials:

*"Has given me confidence to deal with a situation when someone is distressed. I would have never known it was a good idea to actually ask the question."*

*"Brilliant it has changed my views, I always thought I couldn't make a difference, but I now understand how I can."*

*"Personal safety plan - really useful and great explanation of why everyone should have one regardless of whether they have suicidal thoughts."*

