

## Suicide Awareness Training

Free in-person or online training in Camden and Islington.

In partnership with Rethink Mental Illness, the councils have funded training for anyone who supports residents who may be at risk of suicide in Camden or Islington.

To book or enquire, contact: training@rethink.org

How long is the session? Typically 10am-3pm, including a lunchbreak.

## What will I learn?

Delivered through a range of activities and case studies. Modules covered:

- How to look after yourself
- Stigma and suicide
- Warning signs
- How to hold a safe conversation

