



Orange Button
Community Scheme



Lancashire and
South Cumbria
Integrated Care Board

Sometimes all we need is someone to listen....

Suicide prevention training with Lancashire Mind.



Courses are delivered online and face to face

Flexible sessions, choose day or evening.

Book as a group or an individual.

Course Details:

The courses are open and free to attend for anyone who lives or works in Lancashire.

If we work together, no one has to feel alone.

Prevention starts with awareness. Awareness starts with us.

Orange button holders who have received our specialised training, can offer information and support, even though they are not qualified to provide counselling.

 **Lancashire**



SFA
Suicide First Aid

Join one of our fully funded courses today.

Our trainers are trauma informed and have guided thousands of people through suicide prevention training over the past six years.

Would you like to:

- **Feel more confident having conversations about mental health?**
- **Learn practical skills to support someone in a moment of need?**
- **Know which professional services to signpost to?**

As an Orange Button holder, you could be a beacon for those who need to talk about poor mental health or are having thoughts of suicide - by primarily directing individuals to relevant support services.

“I volunteer as a street pastor in Chorley, and came across someone who was not in a good place. Using the skills gained on the training I was able to get him the support he needed.”

Steven, Orange Button Holder

At the end of the course, you will receive a certificate and can apply for an Orange Button.

Scan QR for
more details
or visit our
website.



 **mind** Lancashire

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