



Suicide prevention training with Lancashire Mind.

Learn how to help support
someone at risk.



Lancashire
& South
Cumbria:

has one of
the highest
suicide rates
in the
country

with men
having the
highest rate
of suicide.

Course Options:

- Suicide First Aid Lite
- Suicide First Aid Young Adults
- Suicide First Aid
- Adult Mental Health First Aid



**Prevention starts with
awareness. Awareness
starts with you.**

Our suicide prevention courses aim to provide learners with the knowledge and skills needed to prevent deaths from suicide, in workplaces, their personal lives or in community settings.

Support the prevention of suicide

Join one of our fully funded courses.

Suicide is one of the most common and preventable deaths, yet many people do not know how to support someone who is at risk of suicide.

- **Develop a safety plan**
- **Have conversations with confidence**
- **Gain knowledge and practical skills**
- **Signposting support**
- **Identify signs of risk**

1 in 20 people will experience thoughts of suicide.

“I volunteer as a street pastor in Chorley, and came across someone who’s first comment to me was ‘he wanted to end it all’. Using the skills gained on the training I was able to get him the support he needed.”

(Steven, Orange Button Holder)



Certificate on completion and the opportunity to join the Orange Button scheme.

Scan QR for more details or visit our website.



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