



The Local Authority Directors of Public Health in Cheshire and Merseyside, alongside Public Health England and NHS England, have chosen Suicide Prevention as a key priority for collective action across the region.

The Suicide Prevention Training is a FREE online, half-day session, aimed at supporting both children and adults.

Learning outcomes:

- Be able to **identify signs** that might suggest someone is thinking about suicide
- Knowledge and understanding to challenge **stigma**
- Be able to recognise **risk** and identify key risk factors
- Have increased **confidence to ask direct questions** about suicide
- Understanding **safety planning** to empower recovery and manage risk
- Be able to list **key support services** for people who feel suicidal

Please book a FREE place either via the chesshub or CESC for available dates:

<https://www.chesshub.co.uk/Event/195108>

[CESCP Training Booking 2023-24 - Course details - Your Cheshire East Account](#)

For enquiries/problems please email: Lori.hawthorn@cheshireeast.gov.uk