

Training Brochure



GRASSROOTS
SUICIDE PREVENTION



Contents

5	Training with us
7	Working together
8	Suicide prevention courses
13	Suicide postvention courses
15	Self-harm courses
16	Mental health courses
19	Children and young people courses
23	Specialist courses
26	Get in touch
27	Suicide prevention resources



Our vision is a future where more lives are saved from suicide.

Grassroots Suicide Prevention is an award-winning charity. We empower people to help save lives from suicide through connecting, educating, and campaigning nationally.

We have lived experience of suicide. We know what it is like to be in crisis. We understand the pressure of trying to keep someone safe and the complex emotions including guilt, shock, and intense grief after a suicide.

Connecting

We listen, connect, and provide support through our Stay Alive app, tools, and resources to help keep people safe from suicide.

Educating

We offer consultation and training courses, many of them tailored and co-designed to support individuals, organisations to develop the skills to help save lives.

Campaigning

We raise awareness and funds to remove the stigma around suicide and keep more people safe from suicide. We campaign on the ground and influence at a strategic level.



10

national awards, one runner up (and two nominations!)

20

years of experience delivering life-saving suicide prevention, self-harm and mental health training

70%

of people who do our training go on to use the skills they learn within six months of their course

300

organisations train with us every year

60,000

people trained with us to help prevent suicide

700,000

have downloaded our pioneering, award-winning Stay Alive app

10,000,000

people have been reached through our recent awareness campaigns

Training with us



Standards you can rely on.

Our comprehensive curriculum is designed for maximum knowledge retention and skills development through interactive and immersive methods.

Our commitment to excellence is evidenced by our external Quality Assurance and Continuous Quality Improvement processes. We continually evaluate and enhance our training courses based on valuable feedback, ensuring the highest standards.

Trusted industry pioneers.

For 20 years we have led in the field of suicide prevention training for professionals.

Our excellence shines through our high-quality training, expertly delivered by our seasoned trainers. To date, we have equipped over 60,000 professionals and organisations with the skills and confidence needed to effectively intervene.

Support every step of the way.

Our team will consult with you to determine the ideal training programme. We can also provide additional support for large groups, including learner and booking management.

With a proven track record spanning the civil service, public sector, VCSE and private industry, we have the expertise to deliver large-scale projects sensitively and effectively.

Rooted in current evidence.

Our training is trauma and research informed and designed in consultation with clinical experts, lived experience and organisations working on the ground. Our curriculum aligns with the Health Education England guidelines and the National Institute for Health & Care Excellence.

Tailored to your needs.

Our extensive range of courses accommodates various budgets and levels of professional knowledge. Whether you seek ready-made training or require a customised programme designed specifically for your industry or service, we offer a solution that suits your needs.

Clients & partners



Llywodraeth Cymru
Welsh Government



Working together



At Grassroots Suicide Prevention, we understand that one size does not fit all when it comes to training. Every client is unique, with specific needs, challenges, and goals. That's why we take a collaborative approach to tailor our training programmes to meet your precise requirements.

Needs assessment

Our journey begins with a thorough needs assessment. We will work closely with you to understand your organisation's unique context, the demographics you serve, and any specific challenges or concerns you may have regarding suicide prevention.

Customised curriculum

Based on the insights gained from the assessment, we recommend a customised curriculum that addresses the specific issues and scenarios most relevant to your teams. This ensures that our training aligns seamlessly with your goals and objectives.

Flexibility

We offer flexibility in programme delivery, whether it's on-site workshops, virtual sessions, or a combination of both, to accommodate your scheduling and logistical preferences.

Industry relevance

Our trainers are experienced in a wide range of industries, from social care, healthcare and education to corporate settings. They bring specialist expertise that enhances the relevance of our training to your sector.

Ongoing support

Our commitment doesn't end with the training session. We provide support and resources to help you implement what you've learned effectively, and continue to strengthen your organisation's approach to suicide prevention.

We can also provide consultancy services on a wide range of areas including advising on; strategies, policies and procedures (within organisations or at a local, regional or national level), campaigns and bespoke sessions such as providing reflective practice to learn through and from experience towards gaining new insights of self and practice.

Suicide prevention courses



Real Talk - Interactive film

Our award-winning interactive film guides the viewer as they make choices to support someone who is suicidal. The film presents an unfolding conversation between two flatmates with guidance and key principles explained.

Watch for free at: www.realtalk.film

 **20 minutes**

 **Online**

 **Learner-led**

Grassroots Suicide Prevention

Awareness

Real Talk - Webinar

This webinar offers an introduction to suicide awareness, providing a fundamental framework for engaging in conversations with individuals experiencing suicidal ideation.

This concise one-hour interactive talk provides participants with foundational strategies to identify and keep people safe for now, facilitating connections to essential support networks.

Ideal for

Anyone seeking to make a positive impact in their community. Ideal as a first step towards further training.

 **One hour**

 **Online**

 **Up to 100 learners**

Grassroots Suicide Prevention

Awareness

Real Talk

This interactive workshop equips learners with the necessary skills to recognise and support those at risk of suicide. Our trainers provide essential frameworks for life-saving conversations and suicide safety planning, and facilitate skills practice.

Participants will learn how to spot the signs that someone may be at risk, ways to start a life-saving conversation, and how to connect someone with thoughts of suicide to further support.

Ideal for

Professionals in frontline services and everyone over the age of 16 years who wants to help keep the people around them safe from suicide.

 **Half day**

 **Up to 20 learners**

 **Online or in-person**

Grassroots Suicide Prevention

Foundation

Suicide First Aid: Lite

This course equips learners with essential knowledge and tools to recognise that suicide is one of the most preventable deaths.

Participants will gain fundamental basic skills to have a supportive conversation with someone showing signs of suicidal ideation, and to connect them with a trained helper.

Ideal for

Those looking for an introduction to suicide prevention, before moving onto a more in-depth course.

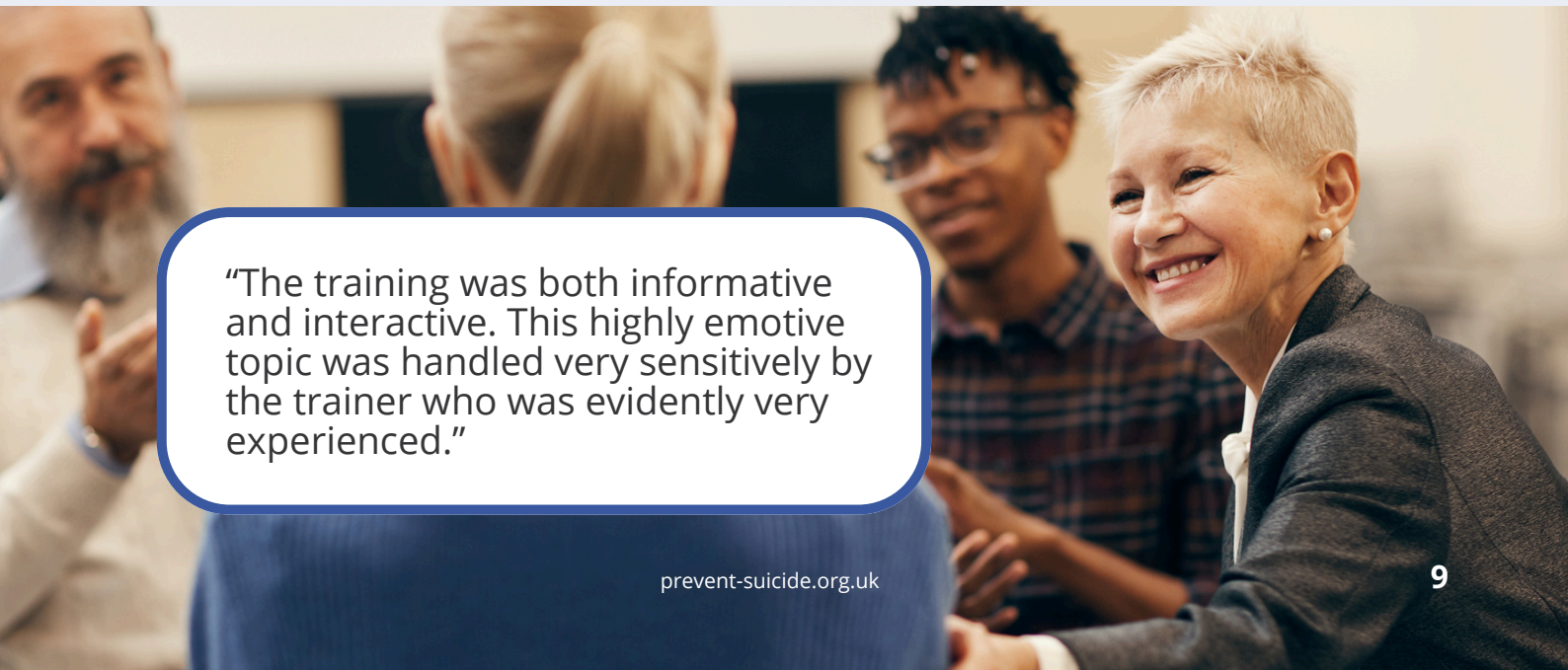
 **Half day**

 **Online**

 **Up to 20 learners**

NSCPET

Foundation



"The training was both informative and interactive. This highly emotive topic was handled very sensitively by the trainer who was evidently very experienced."

safeTALK

An accessible, half-day course, teaching a four-part framework to provide an initial response to someone who may be at risk of suicide.

This workshop teaches what to do if someone is suicidal by following the easy to remember TALK steps – Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and help the supporter to connect with support.

Ideal for

Community members, caregivers, and professionals working with vulnerable populations.



Half day



In-person



Up to 30 learners

Livingworks

Foundation

Suicide First Aid: Understanding Suicide Intervention

This in-depth one day course teaches the necessary skills and knowledge to recognise individuals showing signs of suicidal ideation. Through interactive learning and practical exercises, attendees will learn how to competently intervene and implement suicide-safety measures as a form of first aid intervention.

Accredited by City & Guilds of London, the programme offers the opportunity to attain six NQF credits at Level Four after completion of a further optional module.

Ideal for

Anyone working closely with those at risk of suicide. Managers and practitioners including health, housing, social care, education, criminal justice, call centre operators, private, voluntary and public sector workers and community groups or members.



One day or two half-days



Online or in-person



Up to 16 learners

NSCPET

Intermediate

Caring Connections

This expansive workshop focuses on equipping participants with the knowledge and skills to identify and effectively support those at risk of suicide within a trauma-informed framework.

Through interactive activities, case studies, and practical exercises, participants will gain the tools needed to identify, assess, and support individuals at risk of suicide, while also fostering their resilience in the face of challenging circumstances.

Ideal for

Staff in public facing and/or support services, including services helping people whose context might make them more vulnerable to suicide.

 **One day**

 **Online or in person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Intermediate



“The most useful aspects were the practical structures for conversations and being direct. Interactive sessions as a chance to discuss ideas and reflect on practice.”

ASIST: Applied Suicide Intervention Skills Training

This two-day workshop provides participants with practical skills and knowledge to effectively recognise those who may be at risk of suicide and conduct a suicide intervention. Through highly engaging skills practice, attendees learn how to assess risk, engage in open conversations, and develop safety plans to support individuals experiencing suicidal ideation.

By emphasising a collaborative and compassionate approach, ASIST equips participants with the tools needed to provide immediate assistance and guide individuals towards appropriate professional help.

Ideal for

Individuals and professionals who may encounter situations involving suicide risk in their personal or work lives. It is particularly valuable for those working to support anyone seeking to act on suicidal behaviour, including first responders, health professionals and mental health workers.



Two days



In person



Up to 30 learners

Livingworks

Intermediate

Crisis to Recovery

This unique two-day workshop is designed for mental health workers, clinicians and support services professionals seeking to enhance their skills, resources and proficiency intervening with individuals at risk of suicide, including those with complex needs or who have made attempts.

By equipping participants with a diverse array of strategies, the training not only addresses immediate crisis situations but also delves deeper into tackling the fundamental factors contributing to suicidality. Beyond skills development, the course places significant emphasis on nurturing emotional resilience and confidence.

Ideal for

Staff working in public facing and/or support services, including services supporting people with mental health issues or chronic suicidality. The case studies and signposting resources provided will be tailored to the commissioning organisation.



Two days



Online or in person



Up to 20 learners

Grassroots Suicide Prevention

Advanced

Suicide postvention courses



Understand the Impact of Suicide

This evidence-based course equips participants with the knowledge and understanding of a trauma-informed, compassionate response for those bereaved by suicide. The training includes: the impact of suicide, the importance of appropriate responses, and how those affected may be able to access effective support and/or resources.

The course has been designed in consultation with clinical experts, organisations 'on the ground' and people with lived experience, and mapped to core frameworks including NHS HEE UCL Self-harm & Suicide Prevention Competence Framework and NICE quality standards.

Ideal for

This course is aimed at anyone likely to come into contact with people affected by suicide, such as those from community groups and third sector organisations or professional agencies. This can include first responders and crisis teams, coroners, funeral directors, and charity organisations.



One day



Online or in person



Up to 20 learners

Grassroots Suicide Prevention

Advanced

Principles for Supporting those Affected by Suicide

This course will equip participants to respond effectively to people bereaved by suicide, using trauma-informed and compassionate practice.

It will also introduce the participant to how grieving may be different for those bereaved by suicide, and the ways in which stigma and shame can prevent help-seeking.

The course has been designed in consultation with clinical experts, organisations 'on the ground' and people with lived experience, and mapped to core frameworks including NHS HEE UCL Self-harm & Suicide Prevention Competence Framework and NICE quality standards.

Ideal for

This course is aimed at anyone likely to come into contact with people affected by suicide, such as those from community groups and third sector organisations or professional agencies. This can include first responders and crisis teams, coroners, funeral directors, and charity organisations.

 **One day**

 **Online or in person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Intermediate

Responding to those Affected by Suicide

This training course equips participants to implement key knowledge and skills when responding to people bereaved by suicide. The course aims to increase confidence using person-centred, compassionate and trauma informed responses as well as appropriate signposting.

The course has been designed in consultation with clinical experts, organisations 'on the ground' and people with lived experience, and mapped to core frameworks including NHS HEE UCL Self-harm & Suicide Prevention Competence Framework and NICE quality standards.

Ideal for

This course is aimed at anyone likely to come into contact with people affected by suicide, such as those from community groups and third sector organisations or professional agencies. This can include first responders and crisis teams, coroners, funeral directors, and charity organisations.

 **One day**

 **Online or in person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Advanced

Self-harm courses



Understanding Self-Harm

This engaging workshop provides participants with a detailed understanding of contributing factors, triggers, functions and signs of self-harm and a clear and effective intervention framework for support.

The session combines various teaching methods including discussion and experiential exercises, with a wide array of practical strategies and resources that participants can use with someone who self-harms.

Ideal for

Anyone working to support another person who is currently or likely to be at risk of self-injury.

 **Half day**

 **Online or in-person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Intermediate

Mental health courses

Mental Health First Aid: Aware

Mental Health First Aid: Aware training is a foundational workshop designed to increase awareness and understanding of mental health issues. In this course, participants will gain valuable insights into the signs of mental health challenges, reducing stigma, and promoting a supportive environment.

Participants will learn basic strategies for providing initial assistance to someone experiencing a mental health issue, enabling them to offer immediate help while awaiting professional support.

Ideal for

Individuals from all backgrounds and professions. This introductory course provides foundational knowledge that can benefit anyone in their personal and professional life.

 **Half day**

 **In person or online**

 **Up to 20 learners**

MHFA England

Foundation

Stress Less: Strategies for Preventing Burnout

This foundational workshop explores stress and burnout and their impacts on personal and professional well-being. Learners gain practical strategies for managing stress, fostering resilience, and preventing burnout.

This session offers actionable takeaways and personalised action plans for implementing stress management techniques in daily life, that can be applied to enhance well-being and performance.

Ideal for

Employees at all levels, managers and team leaders, HR professionals and Health and Wellbeing professionals looking to proactively manage stress, prevent burnout, and cultivate resilience in their personal and professional lives.

 **90 minutes**

 **In person or online**

 **Up to 20 learners**

Grassroots Suicide Prevention

Awareness

Mental Health Awareness

Our practical workshop offers a holistic approach to building mental health resilience, equipping participants with the knowledge and skills to support themselves and their colleagues effectively.

Learners develop practical skills to effectively support colleagues experiencing mental health challenges, and strengthen their resilience and self-care strategies, leaving able to contribute to a supportive and inclusive workplace where mental health is prioritised.

Ideal for

Professionals and employees without management responsibilities who are committed to promoting mental health awareness and resilience within their workplace.

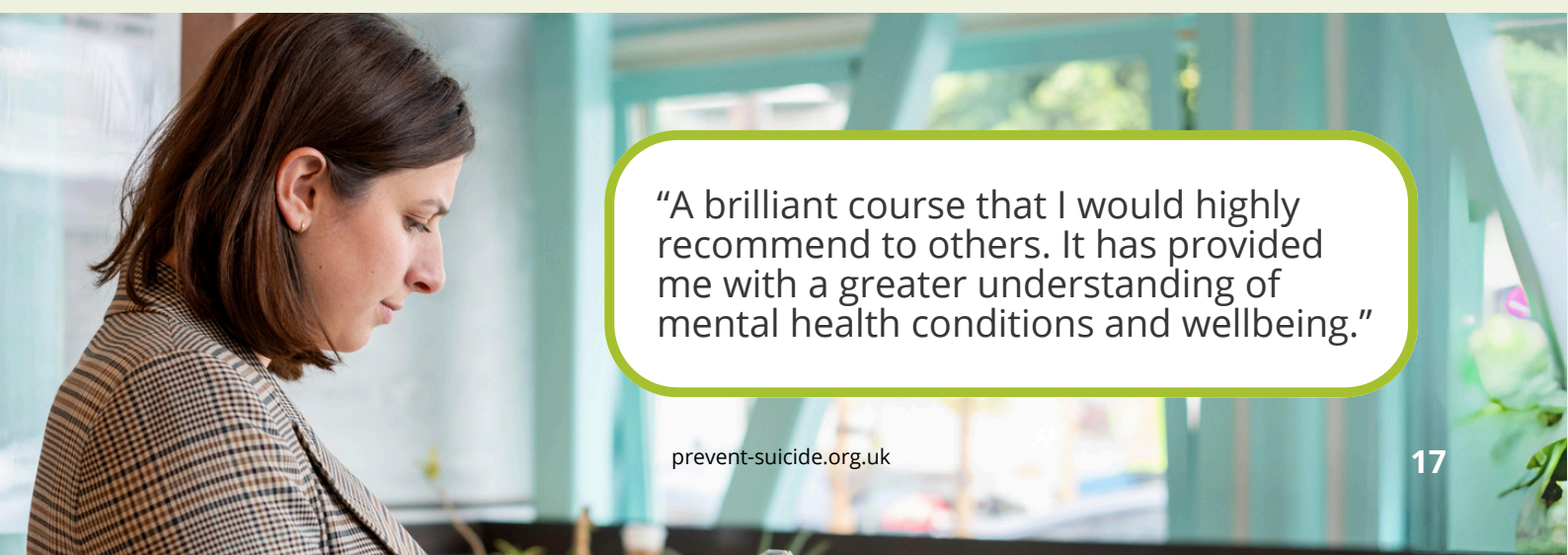
 **Half day**

 **In person or online**

 **Up to 20 learners**

Grassroots Suicide Prevention

Awareness



"A brilliant course that I would highly recommend to others. It has provided me with a greater understanding of mental health conditions and wellbeing."

Managing for Thriving Teams: Mental Health and Suicide Prevention for Team Leaders

This workshop provides workplace leaders with a comprehensive toolkit to recognise, address, and support mental health challenges and suicidality within their teams. Designed specifically in consideration of the challenges and demands faced by those in management roles, the course offers a pathway to empathetic leadership that can be easily integrated in the workplace.

Participants will gain practical skills to spot early signs of mental health issues, conduct supportive conversations, and guide team members to valuable resources.

Ideal for

Managers and team leaders across various services and organisations who are committed to fostering a supportive and mentally healthy workplace environment



Half day



In person or online



Up to 20 learners

Grassroots Suicide Prevention

Foundation

Mental Health First Aid

This two-day course teaches people how to identify, understand and help someone experiencing a mental health issue. Learners will be able to recognise signs of mental ill-health and develop the skills and confidence to approach and support someone while keeping themselves safe.

Upon completion, participants become certified MHFAiders®, becoming part of a workplace wellbeing community. With access to the MHFAider Support App®, they'll gain digital support, alongside a wealth of training materials and continuous learning prospects.

Ideal for

Those with lived experience of mental health issues or illness, managers, employers, and people who are likely to come into contact with those at risk of mental health problems, such as police, ambulance staff or community workers.



Two days



In person or online



Up to 16 learners

MHFA England

Intermediate

Children and young people courses



Real Talk - Children and Young People

This practical and interactive course is designed to equip professionals and volunteers working with children and young people to identify, engage in conversation, and offer support to those who might be having thoughts of suicide. The course addresses the unique challenges and considerations of working with children and young people at risk of suicide, including the impact of social media.

Participants gain a clear framework for engagement and strategies to support young people experiencing suicidality in diverse settings.

Ideal for

Professionals and volunteers working with children and young people, including safeguarding team workers, social workers, youth workers and youth group leaders, teachers and pastoral staff, young people social care workers, primary care and mental health workers.

 **Half day**

 **Online or in-person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Foundation

Breaking The Silence

The first of its kind in the UK, this specialised, quality assured training resource is designed to help young people (aged 14+) identify and support peers who may be struggling, potentially vulnerable to thoughts of suicide, and to know when to flag up to an adult.

The training was co-produced and piloted with young people, academics, educators, child and adolescent mental health professionals and experts in the field of suicide prevention. The workshops are engaging and interactive, and include high-quality videos and effective learning strategies designed specifically for young people.

Ideal for

Young people aged 14+, including but is not restricted to those in school and college (KS4 and KS5), youth groups, sports groups for young people, and clubs and activity groups for young people e.g. scouts, gaming, youth clubs.

 **Two one-hour workshops**

 **In-person**

 **Up to 30 learners**

Grassroots Suicide Prevention

Foundation

Caring Connections - Children and Young People

This in-depth course equips professionals and volunteers working with children and young people to identify, engage in conversation, and offer trauma-informed support, including safety planning to those who might be having thoughts of suicide. The course addresses the unique challenges and considerations of working with children and young people at risk of suicide, including the impact of social media.

Participants gain detailed frameworks for engagement and strategies to support young people experiencing suicidality in diverse settings.

Ideal for

Professionals and volunteers working with children and young people, including safeguarding team workers, social workers, youth workers and youth group leaders, teachers and pastoral staff, young people social care workers, and primary care and mental health workers.

 **One day**

 **Online or in-person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Intermediate

Suicide Prevention for Youth Workers

This engaging training course is especially designed to empower youth workers working in a range of settings, to increase their awareness and understanding of suicide, identify those who need support, and know how to support them.

Through activities, frameworks for intervention, videos, discussions, and practical scenarios, participants gain a deeper understanding of suicide prevention in the context of youth work, how best to support young people, and how to manage self-care.

Ideal for

Youth workers or other professionals working in clubs or activities that children and young people attend.

 **One day**

 **Online or in-person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Intermediate

Suicide First Aid for Children and Young People in Schools

Teaching the theory and practise of suicide intervention skills that can be applied in any education setting with transferable skills to personal settings.

The course gives learners the knowledge, skills, and confidence to understand that suicide is one of the most preventable deaths amongst children and youth people. Responding appropriately from a safeguarding perspective, this course is underpinned by UNCRC and a trauma-informed approach.

Ideal for

Those working with children and young people in a school setting.

 **One day or two half-days**

 **Online or in-person**

 **Up to 16 learners**

NSCPET

Intermediate

Understanding Self-Harm - Children and Young People

This interactive course is designed to empower professionals and volunteers working with children and young people who self-harm. Through engaging activities, frameworks for intervention, training videos, discussions, and practical scenarios, participants will gain a deeper understanding of self-harm and learn effective strategies for providing support and intervention.

The session explores complexities in children and young people, and practical strategies to increase confidence in addressing self-harm.

Ideal for

Professionals and volunteers working with children and young people, including safeguarding team workers, social workers, youth workers and youth group leaders, teachers and pastoral staff, young people social care workers, and primary care and mental health workers.

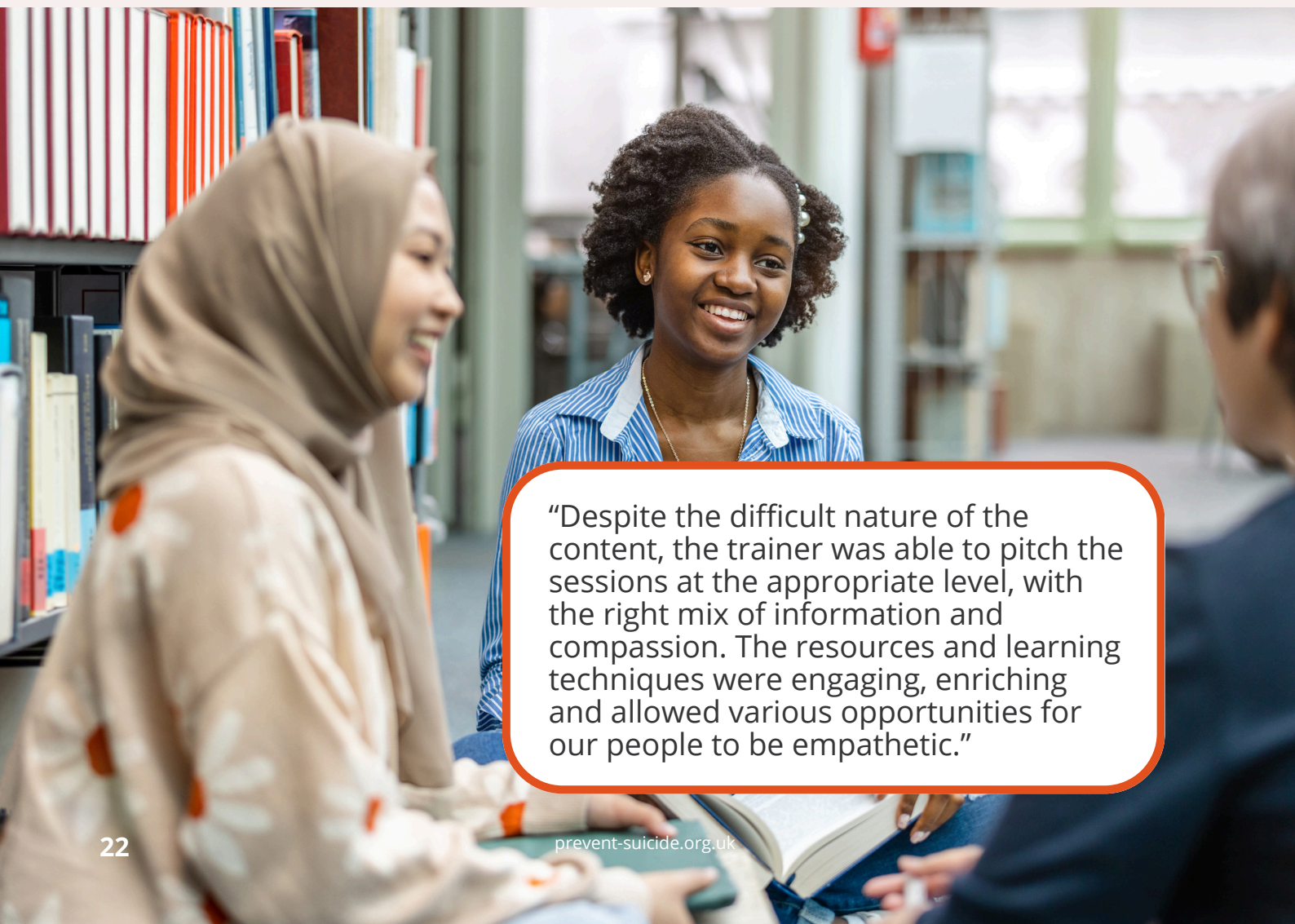
 **Half day**

 **Online or in-person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Intermediate



"Despite the difficult nature of the content, the trainer was able to pitch the sessions at the appropriate level, with the right mix of information and compassion. The resources and learning techniques were engaging, enriching and allowed various opportunities for our people to be empathetic."

Specialist courses



Suicide prevention in the context of domestic abuse

Suicide Risk with Domestic Violence and Abuse

This insightful training session is designed to equip professionals and volunteers with the knowledge and basic skills needed to support people at increased risk of domestic abuse and suicidality.

This course not only raises awareness of domestic abuse and suicide prevention but also provides practical strategies for engaging with individuals at risk, mitigating risk, and accessing appropriate support services. Our trainers provide strategies for recognising and addressing one's support requirements, enhancing resilience, and averting burnout while aiding individuals in vulnerable situations.

Ideal for

This course is suitable for professionals and volunteers working with groups at increased risk of domestic abuse but not as their core business. They are likely to have less knowledge generally of Domestic Abuse and Suicide Prevention overall, so within this training raises awareness of both Domestic Abuse and Suicidality.

 **Half day**

 **Online**

 **Up to 20 learners**

Grassroots Suicide Prevention

Foundation

Working with People who use Abusive Behaviours

This unique course is engaging and transformative, designed to equip professionals and volunteers working with individuals who use abusive behaviours (perpetrators of domestic abuse) with the knowledge, skills, and resilience needed to provide effective support.

The course addresses the intersection of domestic abuse and suicidality, providing practical strategies for engagement, risk assessment, and access to support services.

Ideal for

Professionals and volunteers working with groups at increased risk of perpetration of domestic abuse in various settings, including staff from VCS organisations supporting people who use abusive behaviours, professionals in substance misuse services and criminal justice systems, and Primary care and Mental Health professionals.



One day



Online



Up to 20 learners

Grassroots Suicide Prevention

Intermediate

Working with Survivors

This immersive workshop explores the suicide risk related to domestic violence and abuse. Participants will learn to address and overcome barriers to engagement and ways to develop collaborative and robust safety plans. This training offers practice for developing suicide safety plans with survivors, including those with mental health or substance misuse issues.

Through engaging discussions, case studies, and practical exercises, participants can refresh or gain the knowledge and skills needed to provide effective support to survivors with complex needs.

Ideal for

Professionals and volunteers working with survivors of domestic abuse in various settings, including Independent Domestic Violence Advocates (IDVAs), staff from VCS organisations providing support for domestic abuse, Social Workers, Mental Health professionals, Specialist Domestic Abuse Police Staff, Survivors Network staff, Alcohol & Drug and Alcohol & Drug Misuse, and Mental Health Workers.



One day



Online or in person



Up to 20 learners

Grassroots Suicide Prevention

Intermediate

Working with carers

Identifying and Providing Support to Carers at Risk of Suicide

Suicidal ideation in carers is very common, and deaths by homicide-suicide have been reported.

This interactive course explores the unique challenges faced by family carers and provides practical strategies for identifying at-risk caregivers, initiating conversations about suicide, and safeguarding vulnerable care recipients.

Ideal for

Professionals and volunteers working with family carers, including carers, support workers, social workers, healthcare providers, Mental Health professionals, and carers advocates.

 **Half-day**

 **Online**

 **Up to 20 learners**

Grassroots Suicide Prevention

Foundation

Identifying and Providing Support to Carers at Risk of Suicide

This course enables professionals to develop a solid understanding of the risks factors specific to carers, their challenges to seeking and accessing support and how to deliver a trauma-informed, wellness-oriented, evidence-based intervention that goes beyond the immediate first aid.

The highly interactive course builds on existing best practice in adult education and suicide prevention. It equips professionals supporting carers with frames to guide conversations, robust strength-based safety planning strategies as well as psychologically-informed tools to address some of the drivers of suicide in carers. The impact of working with carers at risk of suicide and ways of increasing resilience are also explored.

Ideal for

Professionals and volunteers working with family carers, including carers, support workers, social workers, healthcare providers, Mental Health professionals, and carers advocates.

 **Two days**

 **In-person**

 **Up to 20 learners**

Grassroots Suicide Prevention

Advanced

Get in touch

Thank you for taking the time to learn more about our life-saving training. If you're eager to know more about any of the options, or if you'd like to speak to a member of our team, here's how you can reach us.

Visit our website. For detailed information about our workshops, training schedules, and resources.

 prevent-suicide.org.uk.

Email us. For specific enquiries, to request a consultation or a bespoke programme, our dedicated team is here to assist you promptly and professionally.

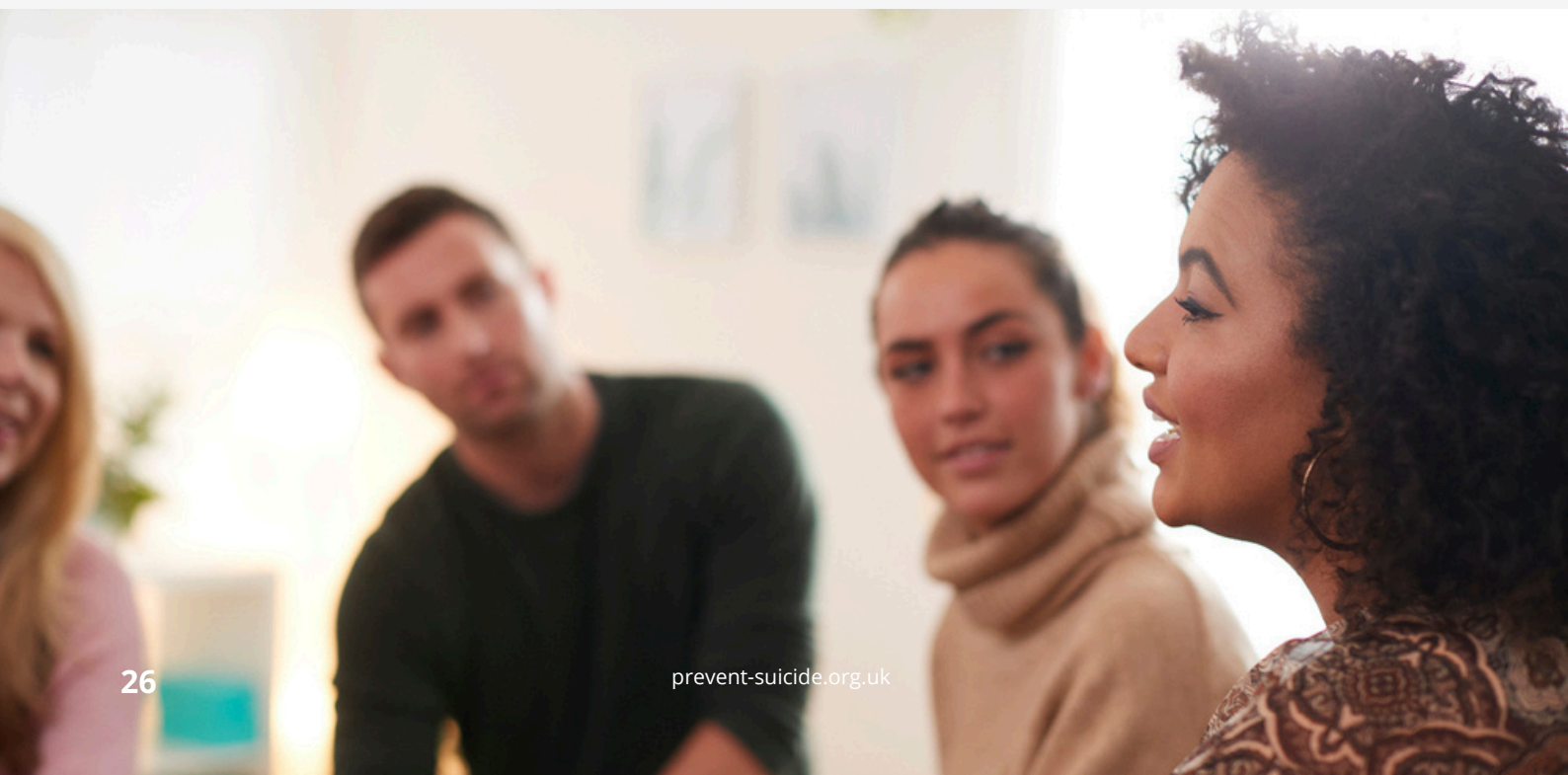
 training@prevent-suicide.org.uk

Connect on social media. Stay updated on our latest workshops, events, and suicide prevention initiatives by following us on social media.

 **Facebook:** /GrassrootsSP

 **Twitter:** @GrassrootsSP

 **Instagram:** @GrassrootsSP



Suicide prevention resources



Stay Alive

➤ stayalive.app

The Stay Alive app is a pocket suicide prevention resource for the UK, packed full of useful information to help you stay safe. You can use it if you are having thoughts of suicide or if you are concerned about someone else.

Suicide Prevention Hub

➤ prevent-suicide.org.uk/prevention-hub

Our online Suicide Prevention Hub offers a wealth of information, whether you are looking for ways to support someone in crisis, or seeking help for yourself. Find out how you can understand more about suicide, help to prevent it in your communities, and access support if you need it.

First Hand

➤ first-hand.org.uk

First Hand is our comprehensive online resource offering guidance and support to individuals who have been affected by witnessing a suicide, particularly in cases where they did not personally know the deceased individual. This includes those who found themselves at the scene of the incident by chance or individuals whose professions involve responding to suicides.

This free online resource provides a clear and informative overview of what typically occurs during and after a suicide incident, as well as stories of recovery from other witnesses, and links to further support.



If you would like to find out about courses for your organisation from expert trainers, please contact:

training@prevent-suicide.org.uk

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**GRASSROOTS
SUICIDE PREVENTION**