



# SPOT THE SIGNS & SAVE A LIFE

SPOT THE SIGNS OF SUICIDE RISK AND YOU COULD SAVE A LIFE

Do you support an adult with mental health difficulties?

## Join our focus group

Do you know the signs of suicidal behaviours?

What do you want to know?

What are the barriers?



## Carers, we want to hear from you!

Help to inform the development of suicide prevention training for unpaid carers by attending our focus group.

**When:** Thursday 18th April 4-6pm

**Where:** Stevenage Wellbeing Centre, 13 Town Square, Stevenage, SG1 1BP

**To book your place, visit Eventbrite**

You will be reimbursed for your time.

For any questions email: [hpft.spotthesigns@nhs.net](mailto:hpft.spotthesigns@nhs.net)