

# NATIONAL MENTAL HEALTH AND SUICIDE PREVENTION WEEK

# Calendar

10 **SEPTEMBER** - 16 **SEPTEMBER** 2023

10 SEPTEMBER	11 SEPTEMBER	12 SEPTEMBER	13 SEPTEMBER	14 SEPTEMBER	15 SEPTEMBER	16 SEPTEMBER
<p>Every life matters Online training</p> 	<p>Be Safe, Be Healthy, Be Well Newsletter articles on mental health and suicide</p> 	<p>2pm webinar advice on suicide prevention delivered by Occupational health</p> 	<p>Speak to Amparo for family support following a suicide</p> 	<p>2pm Webinar U Ok is how to have a mental health conversation with a friend, colleague or loved one</p>	<p>Do you need Mental health support? Contact Occupational Health</p> 	<p>Wellbeing for life festival</p> 

## 10 September

Everylife matters have elearning training available at any time. The courses available are:

**In under 30 minutes, Suicide – Lets Talk** aims to give you the skills and confidence to help someone who may be considering suicide. This training also works towards the wider aim of breaking down the stigma surrounding suicide by encouraging open conversations about it.

**Real Talk is a free 30-minute** interactive film that helps you gain the skills and confidence to talk to someone about suicide. It will help guide you through choices to support someone with suicidal thoughts and behaviours. [www.every-life-matters.org.uk/elearning/](http://www.every-life-matters.org.uk/elearning/)

## 11 September

The Be Safe, Be Healthy, Be Well Newsletter for September includes articles on

- How to care for yourself, family and friends following the suicide of someone you know
- How to notice the signs of someone who is thinking of taking their own life and how to support them

## 12 September

Suicide prevention webinar  
This online webinar provided by occupational health provides training on how to notice the signs of someone who is thinking of taking their own life and how to support them. To book on contact [OHSW@coventry.gov.uk](mailto:OHSW@coventry.gov.uk)

## 13 September

Contact Amparo for support following a suicide.

Amparo State that support can be provided one-to-one, to family groups, groups of colleagues or peers – whatever is preferred by you and is most appropriate to your situation. The service can be delivered in your home or wherever you are most comfortable. Amparo's service is completely confidential and can provide short-term or longer-term support, depending on what you feel it is you need.

Amparo provides emotional and practical support. Their experienced Liaison Workers can listen to your needs and assist you in accessing the support you need, whilst helping with a range of practical matters. <https://amparo.org.uk/contact-us/>

## 14 September

U Ok training.  
This online webinar provided by occupational health aims to improve the confidence of colleagues to ask those around them if they are ok or need support. To book on contact [Sara.Reid@coventry.gov.uk](mailto:Sara.Reid@coventry.gov.uk)

## 15 September

Contact occupational health if you need support, call on **024 7683 3285** or email [OHSW@coventry.gov.uk](mailto:OHSW@coventry.gov.uk)  
They will discuss the range of options available to you, for example face to face counselling, training supporting you to access financial support services.

## 16 September

The Wellbeing for Life festival will take over Broadgate. The Wellbeing for Life festival aims to advise the public all about looking after their physical and mental health - from promoting services, signposting opportunities, and hosting activities, all in the name of helping people improve their wellbeing.

The focus is reflecting on how you can support yourself or someone in your life who may be experiencing suicidal thoughts or suffering with their mental health. By showcasing as many support networks all in the same place on the day, we hope to create a positive space for all, by encouraging understanding and awareness.