

Workplace Suicide Prevention and Postvention

Havant and East Hants Mind are delivering these fully funded sessions for workplaces across Hampshire, Portsmouth, Southampton, and Isle of Wight.

Workplace Suicide Prevention

A free one hour session to increase understanding and awareness around suicide prevention.

Agenda:

- Mental health – what do we mean?
- Suicide – what do we mean?
- Importance of mental health awareness and suicide prevention in the workplace
- Statistics
- Stigma
- Contributing factors
- Spotting the signs
- Having supportive conversations
- Tips & Tools
- Looking after yourself
- Signposting & apps

How do I book onto a session?

Select the date and time you wish to book to book via Eventbrite:

DATE	TIME	LINK TO BOOK
5 th November 2024	10:00	https://www.eventbrite.co.uk/e/copy-of-workplace-suicide-prevention-workshop-tickets-939486779247
16 th January 2025	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-workshop-tickets-1012651918147
4 th March 2025	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-workshop-tickets-1012657183897
15 th May 2025	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-workshop-tickets-1012661165807

Workplace Suicide Prevention for Leaders

A free two-hour session designed for leaders to increase understanding and awareness of around suicide prevention and the role they play in this.

Agenda:

- Mental health – what do we mean?
- Suicide – what do we mean?
- Importance of mental health awareness and suicide prevention in the workplace
- The law and reasonable adjustments
- Stigma
- Contributing factors
- Understanding your role
- Creating a positive culture
- Spotting the signs
- Having supportive conversations
- Wellness Action Planning
- Safety Planning
- Looking after yourself
- Signposting & apps
- Further training opportunities

How do I book onto a session?

Select the date and time you wish to book to book via Eventbrite:

DATE	TIME	LINK TO BOOK
8 th October 2024	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-for-leaders-tickets-939488303807
3 rd December 2024	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-for-leaders-tickets-939490189447
6 th February 2025	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-for-leaders-tickets-1012688106387
8 th April 2025	10:00	https://www.eventbrite.co.uk/e/workplace-suicide-prevention-for-leaders-tickets-1012688698157

Wellbeing following a traumatic event

A free one hour session designed for workplaces who have been affected by suicide or an unexpected loss. To include wellbeing information, tips & tools and signposting.

For more information or to arrange this workshop for your workplace, please email workplaceprevention@easthantsmind.org

If you have any questions, please email: workplaceprevention@easthantsmind.org

To find out more about courses on offer, please visit <https://www.easthantsmind.org/training/>

