

# Free Veteran Suicide Awareness Training

Together with Help for Heroes, the Zero Suicide Alliance have developed an e-learning package specifically aimed at Veteran Suicide Awareness.

Sarah Smith, Public Health Suicide Prevention Lead will deliver this training on:

**Tuesday 6th February**

**6pm - 8pm**

**The Linney Centre, Weston Road (behind the shops), Balby**

Spaces are limited, so please email our inbox to reserve your place:

[armedforcescovenant@doncaster.gov.uk](mailto:armedforcescovenant@doncaster.gov.uk)

If you are unable to attend this session, the training can be accessed on-line using the following link:

[www.zerosuicidealliance.com/suicide-awareness-training-veteran-edition](http://www.zerosuicidealliance.com/suicide-awareness-training-veteran-edition)

If you're worried about your mental health, or the mental health of a friend or family member, you can use the following webpage to find local help and support:

[www.yourlifedoncaster.co.uk/mental-health](http://www.yourlifedoncaster.co.uk/mental-health)

## THE TALK PRINCIPLE CAN HELP WITH STARTING THE CONVERSATION ABOUT SUICIDE...



**Talk:** Start a conversation and show them that you care



**Ask:** Ask the person if they are thinking of suicide – be direct and compassionate



**Listen:** Listen to that person, are they in immediate danger or having thoughts of suicide?

**STAY safe**

**Keep Safe:** Make a realistic short term plan until you are able to make a connection to a person or organisation that can help.



City of  
Doncaster  
Council

**Zero Suicide Alliance**  
Because **ONE** life lost is **ONE** too many