

# Suicide Prevention Explore, Ask, Keep-safe (SP-EAK)

**Thursday 17th October 10.30-13.30 at free@last, 49 Nechells Park Road Birmingham B7 5PR**

A half-day course preparing you to identify young people with thoughts of suicide, respond appropriately and effectively and connect them to support.

## The course includes:

- \* Discussions around knowledge of suicide
- \* Exploration and understanding of signs a person at risk of suicide may give
- \* Clear and practical information
- \* Consideration of 'real life' scenarios
- \* Emphasis on the importance of self-care

## Who should attend?

This course is aimed at professionals who come into regular contact with young people but aren't necessarily long-term caregivers.

## How does SP-EAK help prevent suicide?

Most young people experiencing thoughts of suicide show signs to those around them that they are thinking about taking their life. Participants will learn what these signs look like, how to respond to them and how to work with a young person to keep them suicide-safe including, where necessary, which supports and organisations to signpost to.

## After training, participants will:

Have better awareness of the prevalence of suicide at local and national level; be more aware of what signs to look out for; have skills and confidence to explore suicide appropriately when identifying signs; and understand what sources of support are available to promote safety.

Children's Quarter members/supporters pay £30 non-members pay £40. Refreshments included.  
**You can book online (and join Children's Quarter from just £10/year) at:**

**[www.childrensquarter.org](http://www.childrensquarter.org)**



Suicide is the biggest killer of young people – male and female – under 35 in the UK. Every year many thousands more attempt or contemplate suicide, harm themselves or suffer alone, afraid to speak openly about how they are feeling.

Children and young people with additional needs are likely to be at greater risk.

PAPYRUS is the national charity dedicated to the prevention of young suicide.

This training course is lead by PAPYRUS and is presented by Children's Quarter in collaboration with:



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