

**Suicide and
Domestic Abuse
tears lives apart**

Free Training Course

Links between Suicide and Domestic Abuse

This training is an introduction to the links between suicide and domestic abuse (For those who live in our community or work in, Bedford Borough, Central Bedfordshire & Milton Keynes).

Spaces are limited and must be pre-booked - Please select your chosen date, time, and location

Date	Time	Venue
27.09.2023	9.30am – 12.00pm	TEAMS
07.11.2023	9.30am – 12.00pm	TEAMS
12.12.2023	9.30am – 12.00pm	TEAMS
23.01.2024	9.30am – 12.00pm	TEAMS

Did you know 1 in 5 will experience suicidal thoughts at some point in their life


Around 6,000 people die by suicide each year in the UK including victims of domestic abuse.

To book your place go to:

- 1 www.mind-blmk.org.uk
- 2 Click on training & education / click courses and workshops
- 3 You can manage your booking through our automated booking service, the joining link will be sent directly to you after booking.
For further support email: training@mind-blmk.org.uk

TURN
OVER



I was too ashamed to say it was happening to me 



By attending you will:-

- Be able to recognise the signs and symptoms of someone who maybe having suicidal thoughts specifically linking to victims of domestic abuse and the risk to their perpetrators.
- Identify tools and techniques to support a person in crisis, including stayalive app.
- Identify how to respond to a person disclosing domestic abuse.
- Recognise the challenges of leaving an abusive relationship.
- Statistics on suicide and domestic abuse.
- Identify how to communicate with a person with suicidal thoughts which is linked to domestic abuse.
- Awareness of safety planning and signposting and the importance of early professional help.



www.mind-blmk-org.uk



Domestic abuse takes many forms. Educate yourself and others that there is always hope, no matter how desperate the situation may seem!

Could you spot the signs and make a difference?

www.mkact.com