

Learn how to have a conversation that could save a life

Buckinghamshire Mind, in partnership with Buckinghamshire Council, is offering **fully funded** Suicide First Aid training to community group, charity or public sector employees and volunteers in Buckinghamshire who support people in the community.

Most people thinking of suicide never get an opportunity to have an open conversation, and many make the biggest decision of their life without talking through what their intentions are.

Register your interest in one of the following free courses to gain skills and confidence to recognise and help someone who is thinking of taking their life to consider their options and stay safe. These courses have been developed by the National Centre for Suicide Prevention Training UK, the UK's most experienced suicide prevention educators.

Suicide First Aid Lite

Half day course

This short programme provides the foundational knowledge needed to effectively intervene in situations where someone may be contemplating suicide.

In person @ Aylesbury Library

13 March 2025

10.00am - 2.00pm

[Click here to register your interest](#)

Suicide First Aid Through Understanding Suicide Intervention

One day course

This programme gives more in-depth knowledge and an opportunity to practice the skills needed to identify someone who may be thinking about suicide and competently intervene to help create suicide-safety as a first aid approach.

Online

26 February 2025

9.30am - 4.00pm

[Click here to register your interest](#)