



## Working Together to Prevent Suicide

### Films, talks, Q&A and more...

<b>Tuesday-Thursday 4-6/09</b>	<b>Information stall</b> at Perth College Fresher's Week. Find out about the wellbeing help and support available in Perth and Kinross; see more details on <a href="#">Perth College website</a> .
<b>Monday 10/09</b>  <b>Global Suicide Prevention Day</b>	<p>Twitter and Facebook <b>Q&amp;A session</b> 5-7pm. Ask anonymous questions about mental health by submitting them <a href="#">here</a>, and follow along online on <a href="#">Facebook</a> and <a href="#">Twitter</a>.</p> <p><b>Talk and Q&amp;A</b> at 6pm at Perth College from mental health campaigner and author <b>Hope Virgo</b> on using her experiences of mental health illness to champion the rights of others and help break the stigma of mental illness. See the <a href="#">Mindspace website</a> for more details.</p> <p><b>Battle Mountain screening</b> from PLUS Perth at The Soutar Theatre at AK Bell Library at 7pm. A documentary on Graeme Obree that deals sensitively with its bipolar protagonist's mental-health travails alongside his world record attempt. See <a href="#">PLUS Perth's website</a> for tickets.</p>
<b>Tuesday 11/09</b>	<b>Resilience screening</b> at The Soutar Theatre at AK Bell Library at 2pm. A documentary that delves into the science of trauma and a new movement to treat and prevent toxic stress. Book tickets <a href="#">here</a> .
<b>Wednesday 12/09</b>	<b>Resilience screening</b> at The Soutar Theatre at AK Bell Library at 7pm. Book tickets <a href="#">here</a> .
<b>Thursday 13/09</b>	<p><b>Afternoon of Togetherness</b> from PLUS Perth at Horners Plot between 2-4pm. Spend some time with others who have lost someone to suicide in the sanctuary of Horners Plot with a cuppa. More details on <a href="#">PLUS Perth's website</a>.</p> <p><b>Information stall</b> at Perth College at the Wellbeing Hub between 12.30-2pm and at the Residency Office between 4.30-5.30pm. Find out about the wellbeing help and support available in Perth and Kinross; see more details on <a href="#">Perth College website</a>.</p>
<b>Friday 14/09</b>	<p><b>Information stall</b> on Perth High Street between 10-2pm where a range of organisation representatives will be available to talk to about mental health and suicide prevention while contributing to the IASP's '<a href="#">Cycle Around the Globe</a>' event.</p> <p><b>Resilience screening</b> at The Birks Cinema at Aberfeldy at 7pm. Book tickets <a href="#">here</a>.</p>
<b>Tuesday 18/09</b>	<b>Andy's Man Club</b> will mark their first anniversary at 8.30pm with a <b>candle lighting ceremony</b> followed by tea and coffee at the Caledonian Bar.

# Suicide Prevention Week Sept 2018