

HEALTHY MINDS AND SUICIDE PREVENTION WEBINAR BASED WORKSHOPS

REGISTRATION IS FREE

We recognise the importance of mental health and wellbeing for our community during the Coronavirus outbreak, therefore have teamed up with the University of Dundee, School of Health Sciences to bring you these webinars focused on healthy minds, responding to people in distress, crisis, self-harm and suicide prevention.

Designed for anyone who is supporting people of all ages within the public and voluntary sectors, including community groups or organisations.

Each Webinar lasts 3 hours with the full day workshop being 6 hours in total. We look forward to joining you for a day of connecting, talking and learning together.

Webinar workshop 1	17 th June	Webinar workshop 2	24 th June
Responding to Distress /Crisis or self-harm	9.30-12.30pm	Responding to Distress /Crisis or self-harm	9.30-12.30pm
Suicide Prevention	1.30-4.30pm	Suicide Prevention	1.30-4.30pm

Webinar workshop 3	1 st July	Webinar workshop 4	8 th July
Responding to Distress /Crisis or self-harm	9.30-12.30pm	Responding to Distress /Crisis or self-harm	9.30-12.30pm
Suicide Prevention	1.30-4.30pm	Suicide Prevention	1.30-4.30pm

REGISTRATION

To book a place select from one of the workshop dates above and complete the attached registration form.

*Please be sure you can attend the full day and have access to a computer with the internet and sound for the Webinars.