



**Bradninch**  
*Together*

In partnership  
with



## **Mental Health Matters:**

## **Raising Awareness about Suicide – an invitation**

### **Introduction**



When a person takes their own life by suicide, the tragedy reverberates through their family, friends and community. In addition to over 6,000 deaths by suicide in the UK each year, many more people will attempt suicide or will experience suicidal thoughts – and so it is something that touches many, many individuals and communities including, sadly, our own community of Bradninch and Hele.

It can be difficult to talk about suicide, or to talk to someone who we are concerned may be experiencing suicidal feelings or planning to end their own life. Will we say the right thing? Might simply raising the subject put the idea into their head? While these

worries are common and understandable, noticing when someone might be struggling, feeling able to reach out and create an opportunity for them to share their feelings without fear of judgement, can be so important and helpful.

## **An Opportunity**

Today we're letting you know of an opportunity to develop understanding and confidence around supporting those struggling with suicidal feelings. This comes in the form of a free suicide awareness training session delivered by Pete's Dragons and hosted by the Town Council and Bradninch Together in response to the tragedies that have touched our community. There are 30 places available, with a number of these having been allocated already to folk from community facilities and organisations who encounter many local people in the course of their work. The remaining places are being made available to members of the community on a first-come-first-served basis.



### **Who are Pete's Dragons?**

Pete's Dragons is a Devon based suicide bereavement support agency which started with one person's experience and has grown over the last 10 years to achieve national recognition as a support service. The organisation is committed to offering comfort, kindness and support after suicide loss, and is also well regarded as providers of suicide awareness training. You can find out more at <http://www.petesdragons.org.uk/>

### **Practical Details and Booking**

The Suicide Awareness session will take place on Thursday 11<sup>th</sup> March at 6.30pm, and will last up to 2 hours. It will give an overview of the subject and will share simple ways in which you can help somebody who may be experiencing suicidal thoughts. Part of the session will be devoted to Questions and Answers, with opportunities to practise skills and build your confidence and understanding.

Given the sensitivity of the subject, there will be people available to chat during or after the session should any participant need it.

To book a place on the training session, go to <https://www.eventbrite.co.uk/e/142392314245> Spaces will be allocated on a first-come-first-served basis, and we'll email you the Zoom link a day or two before the event.

Given the cap on numbers, if you book a place and later find yourself unable to attend, please email [sophie@bradninchtogether.org.uk](mailto:sophie@bradninchtogether.org.uk) so that it can be offered to somebody else.

Let's pull together as a community to equip ourselves to support our friends and neighbours in times of need. If you're not already part of the BradTog Mental Health Matters interest group and would like to receive regular postings and news of opportunities like this, please email [mentalhealthmatters@bradninchtogether.org.uk](mailto:mentalhealthmatters@bradninchtogether.org.uk)

Sophie West, on behalf of Bradninch Town Council and Bradninch Together