

LUNCH & LEARN WEBINARS



World Suicide Prevention Day
Creating Hope Through Action
September 10



WORLD SUICIDE PREVENTION DAY 2023

CREATING HOPE

World Suicide Prevention Day takes place on **Sunday September 10** and the theme is "**Creating Hope Through Action.**" The aim of the day is to raise awareness of suicide and suicide prevention.

Throughout the month of September the **Bedfordshire, Luton and Milton Keynes Suicide Prevention Campaign group** will be running a series of free short webinars covering a range of topics such as domestic abuse, armed forces, men, education and bereavement.

The webinars are for those working in services across BLMK. The webinars are designed so you can book on the topics relevant to you.



MONTH LONG PROGRAMME 10TH SEPTEMBER - 10TH OCTOBER



Milton Keynes
City Council

Working together to improve the health
and wellbeing of our communities

SAMARITANS



mind | BLMK
for better mental health

Luton

WEBINAR PROGRAM

DATE: 12.09.2023
TIME: 1:00PM
DURATION: 1HR
VIA TEAMS
BOOK [HERE](#)

Title: Bedfordshire Suicide Bereavement Service
Speaker: Caroline Holley - Chums

DATE: 15.09.2023
TIME: 12:00PM
DURATION: 30MINS
VIA TEAMS
BOOK [HERE](#)

Title: Supporting Students in Higher and Further Education Settings
Speaker: Robert Labe - Bedford Samaritans

DATE: 18.09.2023
TIME: 12:30PM
DURATION: 30MINS
VIA TEAMS
BOOK [HERE](#)

Title: Benefits of Being True to Your Emotions
Speakers: Jono Poon - The Man Cave

DATE: 25.09.2023
TIME: 12:00PM
DURATION: 1HR
VIA TEAMS
BOOK [HERE](#)

Title: Armed Services Emotional Wellbeing
Speakers: Robert Labe - Bedford Samaritans

DATE: 27.09.2023
TIME: 9.30AM
DURATION: 2.5HRS
VIA TEAMS
BOOKING VIA
MINDBLMK WEBSITE.
FLYER WILL BE SENT
SEPARTELY.

Title: Links Between Suicide and Domestic Abuse Training
Jeanette Skipsey - MindBLMK
MK Act

**#WSPD
2023**

