

GRASSROOTS

preventing suicide together

Working towards a world where suicide is prevented through open and courageous conversation



1 in 5 people will think about suicide in their life
Which means there are 4 people in the community who can help



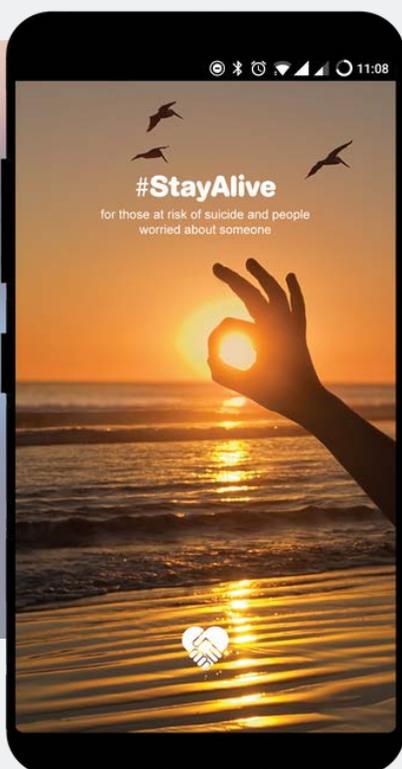
1 in 15 attempt suicide in their life
With Real Talk, we can reach people when they really need it



Join our ChangeMakers
People who care about suicide and are working to make a difference

Real conversations save real people's lives

Welcome to our award-winning charity. We are Grassroots, a UK leader in suicide prevention. We enable communities to develop the skills and confidence needed to have Real Talk about suicide. We work with ChangeMakers - the people who share our beliefs and want to make a difference. Get involved with ChangeMaker meetups and suicide prevention workshops by searching  **#MyNameIsJack** and www.realtalk.community



Stay Alive

Suicide prevention smartphone app



Stay Alive offers a range of helpful tools and resources for people at risk of suicide and those who want to support them. You can download the app **free** through your smartphone or tablet by using the following link: bit.ly/getstyalive

Are you at risk of suicide? Concerned about someone?
For phone and online resources visit:
bit.ly/Find-Help

Training Overview

We know our training helps to save lives. You can learn the skills to provide practical mental health and suicide prevention support for your community.



Real Talk

A 90-minute awareness-raising workshop, for up to 16 participants, designed to break down stigma, build confidence, and get people talking openly about suicide.



SafeTALK: Suicide Alertness For Everyone

An accessible, half-day course, for up to 30 participants, teaching a four-part framework to provide an initial response to someone who may be at risk of suicide.



MHFA: Mental Health First Aid

Available as a half-day, one-day and two-day course, for 16-25 participants, designed for anyone who needs to learn more about mental health.



Applied Suicide Intervention Skills Training

A comprehensive, evidence-based and highly regarded two-day course for up to 24 participants, that teaches a robust and practical model of suicide intervention.



Understanding Self-Harm

A half-day workshop for up to 20 participants, that explores the dynamics of self-harm and increases confidence in working with someone who self-harms.



Suicide First Aid

A one-day course for up to 16 participants, teaching the skills needed to identify someone who may be thinking about suicide, and intervene to help create a safe plan, as a first aid approach.

For more information or to discuss training options please get in touch:

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