

Support after a suicide

One day workshop to develop understanding, skills and strategies

Each year, more than 350 people in the East Midlands take their own life – each suicide has a devastating and long lasting impact on the families, friends, colleagues and communities left behind. Those bereaved by suicide experience a long, complex and confusing grieving process, are often isolated and are especially vulnerable to suicide or mental health issues.

“Effective and timely emotional and practical support for families bereaved or affected by suicide is essential to help the grieving process, prevent further or longer-term emotional distress and support recovery “

Action 4.2, Preventing suicide in England: A cross-government outcomes strategy to save lives (September 2012)

This one day workshop is designed for professionals and organisations who provide support to the bereaved and/or who work with people who are vulnerable to suicide. Participants will gain increased awareness, understanding and skills for working with individuals and will develop insights to inform effective organisation postvention strategies.

The objectives of the workshop include:

- Exploring how the grief experienced following death by suicide is different from other deaths
- Developing awareness & skills to support individuals after a bereavement – emotional and practical
- Exploring postvention strategies for organisations – short and long term
- Building confidence and skills to respond to suicidal thoughts & behavior, recognizing that those bereaved by suicide are more vulnerable themselves

24th September 2013, 9:30am – 4:30pm

£95 (£75 for charity/voluntary organisations)

The event is hosted by Survivors of Bereavement by Suicide, a national charity who work to break the isolation and meet the needs of the family, friends and colleagues bereaved by suicide and self-inflicted death,. It presents a unique opportunity to benefit from their deep expertise and experience gained from working with thousands of bereaved people across the UK



The session will be led by Jez Spencer, a professional trainer with extensive experience of suicide pre and postvention. He is joined by Geoff Price and Ali Moore from Survivors of Bereavement by Suicide, who will be happy to talk about their personal experiences and answer questions.

Suicide is an emotive topic which some people can find difficult to talk about. We aim to create a safe environment where people can ask questions and openly discuss suicide bereavement and prevention. Our trainers and facilitators are comfortable talking about their own experiences and listening to the perspectives, experiences and questions of others. We don't judge and we don't discriminate – suicide recognises no age, social, ethnic or cultural boundaries, neither do we.

The workshop will involve a mixture of presentation, discussion and learning exercises. Each participant will receive a workbook.

To book your place:
You can complete a booking form, email sobs.admin@care4free.net or call 0115 944 1117

If you are interested in future events or if you would like to discuss a private session for your organisation, please get in contact. We would be very happy to talk with you.

Our event will be held at Derby YMCA conveniently located on London Road in Wilmorton, Derby – next to Pride Park and less than a mile from the city centre.

Free parking is available (please note – spaces can be limited if the venue is at full capacity).

There is also free internet, a deaf loop and disability-friendly access.

Light refreshments will be provided. For lunch, there is an excellent cafe facility on site offering a wide range at very reasonable prices. Alternatively, you are welcome to provide your own

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