



Good Afternoon, please see information below from Herts Mind Network.

On **Friday 15th October at 10am - 12**, Herts Mind Network will be delivering their first **Spot the Signs – Youth Suicide Prevention Training for Parents, Carers and Family Members**. The aim of this training is to help parents, carers and family members to recognise when their young people are experiencing suicidal thoughts and provide next steps support, along with practical advice, information and signposting.

If you are a parent, carer or family member over 18 and living or working in Hertfordshire, please visit the following links for more information and to sign-up for your **FREE** space:

<https://www.hertsmindnetworkcyp.org/training-workshops/spot-the-signs-emotional-wellbeing/spot-the-signs-youth-suicide-prevention-parents-carers-family-members/>

<https://www.eventbrite.co.uk/e/spot-the-signs-youth-suicide-prevention-course-for-parents-families-tickets-173551135117>

*Please note that this training session is not able to provide support those who have a child that continues to attempt suicide, or who have previously been bereaved by suicide.

If your child has recently made a suicide attempt but a mental health specialist hasn't assessed them, they need to be urgently assessed. You can ask for an urgent on-the-day appointment with your GP, or call your local NHS helpline or 111 for urgent advice.

If you've lost a child to suicide, please visit SOBS (Survivors of Bereavement By Suicide) for further support: www.uksobs.org

If you are worried that your child is at risk of making a suicide attempt or seriously hurting themselves, or it doesn't feel like they're safe, don't wait to attend this training. Call 999 for an ambulance or take them to Accident & Emergency (A&E).

For further information about the training, please contact Jess Whittaker – jessica.whittaker@hertsmindnetwork.org

Kind regards,

Jessica Whittaker
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