

GET IN TOUCH

Looking to book some
FREE training for yourself
or your workplace?

For more information, please contact:

Tel: 07841 724938

Email: info@endstigmasurrey.org.uk

www.endstigmasurrey.org.uk/mentalhealthfirst

FOLLOW US:

@endstigmasurrey



ONE CONVERSATION COULD HELP SAVE A LIFE

Be someone's hero

GET MEN TALKING

- **FREE** Mental Health and Suicide Awareness training for people across Surrey.
- We can help you become better prepared and equipped to help someone in difficulty.



#SAVEALIFE
#GETMENTALKING
#ENDSTIGMASURREY

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- Learn to have conversations that could save lives
- Spot the signs of a suicide crisis
- Interact and signpost to safety

Scan QR code
for more info:



time to change
surrey
let's end mental health discrimination





ABOUT US

Get Men Talking is a Surrey initiative that aims to raise awareness of suicidal behaviours and teach people to start supportive conversations that could help to save lives. Suicide is the most common cause of death for men aged 20-49 in the UK. Our aim is to target different male audiences across Surrey and encourage men to open up and have honest conversations

We believe recovery from suicidal thoughts and behaviours is possible.

We are here to support people in Surrey by providing training courses and appropriate signposting.

WHO IS PROVIDING THIS INITIATIVE?

Time to Change Surrey/End Stigma Surrey is working on the Surrey Suicide Prevention Partnership with Surrey County Council, Mary Frances Trust, Catalyst Support and Surrey Police on this new initiative, which launched in 2021.

LET'S GET TALKING SHORT WORKSHOPS

YOU WILL LEARN:

- How to spot the signs of a suicide crisis
- How to interact with and signpost people to safety, ensuring both their and your safety
- How to ask the suicide question
- Words and phrases to avoid
- Useful mental health resources
- Coping skills

1 in 4 of us will experience a mental health issue this year.

Less than 1/3 of young people with a diagnosable mental health condition get access to NHS care and treatment.

1 in 5 people think about suicide in their lifetime - which means there are 4 people who can help.



*We can all make
a difference with
open and direct
conversations*

