



# suicideTALK

For a suicide-safer Cornwall

Suicide rates in Cornwall are **consistently** higher than the national average, with male suicide rates on average three times higher than female suicide rates.

People who die from suicide are not always in contact with health services, yet they often continue to go to work even as their ability to cope deteriorates. More than two thirds of people are in employment, so the workplace offers a practical opportunity to reach people who need support and to reduce stigma around mental health.



## SuicideTALK

### Dealing openly with the stigma around suicide

The **suicideTALK** presentation invites everyone—regardless of prior training or experience to become more aware of suicide prevention opportunities in their wider community.

Dealing openly with the stigma around suicide, **suicideTALK** focuses upon the question "**Should we talk about suicide?**" By looking at this question in a number of different ways, participants can discover some of the beliefs and ideas about suicide in their wider communities - and in themselves.

## What you will learn

- How suicide is a serious community health issue in Cornwall and beyond that is often misunderstood
- How personal and community beliefs about suicide affect stigma and safety
- How the talk steps in the SafeTALK programme can be used to help prevent suicide
- How to get involved in the life protection, preservation and promotion activities in your local wider community.



## To Book

This **90** minute course is offered **free** for those living or working in Cornwall.

[www.healthpromcornwall.org/  
training-programme/](http://www.healthpromcornwall.org/training-programme/)

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