**Free training to support conversations about mental health and suicide prevention**

**If you potentially come into contact with people in distress, please take some of these free online learning opportunities:**

**Suicide Awareness for Professionals (suitable for anyone, not just professionals)**

Evidence-based training developed by 4MentalHealth and delivered in ½-day classroom or Zoom sessions by local Stockport trainers.

Helps delegates understand how distress develops and how people can be best supported.
Gives delegates the confidence and the skills for talking to someone in distress and equips them with the knowledge of how to make a Safety Plan. [Book here](https://forms.office.com/Pages/ResponsePage.aspx?id=nvZeoElhuk-kDN8ziBD2RFjPQX7eWpNJmMOwfylaJ2pUNDc5UjFSRVgwWUlLSjQ4WTdNSTlCUkw1RC4u&wdLOR=cCA497B65-5896-41BC-B8EB-5D43629D4863) or email info.wellbeing@stockport.gov.uk for more information.

**Zero Suicide Alliance - short online training units on suicide awareness**

[The Zero Suicide Alliance](https://www.zerosuicidealliance.com/training) has a series of online training modules you can access including general suicide awareness, awareness for people with autism, university students and a veteran and prison edition.

The [suicide awareness training](https://www.zerosuicidealliance.com/suicide-awareness-training) is a 30-minute online course aimed at anyone aged 16 and over who wants to know what to do if they’re ever in a situation where someone they know or see may be struggling with thoughts of suicide. The course includes coached scenarios sharing approaches for how you can talk to someone you’re worried about.

**MindEd**

[MindEd](https://www.minded.org.uk/Search) offers free online training around suicide and self-harm prevention for people working with adults and children.

**Healthy Minds Greater Manchester online course**

[The Royal Society for Public Health](https://www.rsph.org.uk/our-services/e-learning/courses/wellbeing-online-courses/healthy-minds-greater-manchester-elearning.html) offers an online course for anyone living or working in Greater Manchester. At the end of this one-hour course you will better understand:

* the difference between mental health and poor mental health.
* the things we can do to help us cope with our negative thoughts and feelings.
* the benefit of talking and sharing our thoughts and feelings with someone we trust.

**Samaritans online advice**

Not a training course, but very useful reading on what anyone can do if worried about someone else, including supporting someone with suicidal thoughts, and a section on myths about suicide, and one on active listening tips.

**And don’t forget to look after yourself too: NHS Every Mind Matters provides simple tips and advice on looking after our own mental health:** [**https://www.nhs.uk/oneyou/every-mind-matters/**](https://www.nhs.uk/oneyou/every-mind-matters/)