

World Suicide Prevention Day 2021

Creating hope through action

6-10 September 2021

START A CONVERSATION

SUICIDE
is preventable

Monday 6th

9am

Welcome to Day 1:
Suicide is preventable
2 minute video clip from key figure

11-12noon

Real-time Suicide Surveillance
Leicestershire Police | Professionals

1-2pm

The Tomorrow Project: Offering a Community Response to Suicide
The Tomorrow Project | Professionals

2-2.30pm

United Leicester: Elite Sports Clubs Working in Collaboration to Promote Their New Mental Wellbeing Portal
Leicester City Football Club in the Community | Professionals

3-4pm

Male Suicide: 'The Biggest Killer of Men Aged 18-50'
Healthwatch | Professionals

5.30-7pm

Suicide Prevention Workshop
Leicestershire Life Links | Everyone

7pm

Closing Day 1
2 minute video clip from key figure

Tuesday 7th

9am

Welcome to Day 2
2 minute video clip from key figure

11-11.45am

Developing Connectedness
Leicester, Leicestershire & Rutland Samaritans | Everyone

1-2.30pm

Managing Critical Incidents within Schools and Other Educational Settings
Leicestershire Educational Psychology Service | Professionals

5-7pm

An Introduction to Suicide Awareness
Rural Community Council | Everyone

6.30-8.30pm

New Peer Support Group Launch
Survivors of Bereavement by Suicide | Professionals

7pm

Closing Day 2
2 minute video clip from key figure

8-8.30pm

Mindfulness with Cleo
Loughborough Wellbeing Centre | Everyone

Wednesday 8th

9am

Welcome to Day 3
2 minute video clip from key figure

10-11am

Mensoar: Why it's Good For Men to Talk
Three Eggs Training Ltd | Everyone

11-12noon

NHS IAPT Service Overview
VitaMinds | Professionals

1-2pm

Wellbeing Break: Yoga for All
Yoga Leicester | Everyone

3-4pm

Where Can I Get Support Locally for My Mental Health?
Leicestershire Partnership NHS Trust | Everyone

4-5pm

Suicide: Staff Support & Wellbeing Response
Leicestershire Partnership NHS Trust (Ann Jackson) | Professionals

7pm

Closing Day 3
2 minute video clip from key figure

Thursday 9th

9am

Welcome to Day 4
2 minute video clip from key figure

10-10.30am

Dual Diagnosis
Leicestershire Partnership NHS Trust/ Turning Point | Professionals

2-2.45pm

HM Veterans Suicide Prevention: Buddy2Buddy
Leicestershire Partnership NHS Trust | Everyone

3-4pm

How Can I Access Longer Term Support and Support Available for Veterans?
Loughborough Wellbeing Centre | Everyone

6-7pm

Focus Group: Postvention Support for BAME Communities Following Suicide
Leicester City Psychology Service | People from BAME communities with lived experience of suicide

7pm

Closing Day 4
2 minute video clip from key figure

Friday 10th - WSPD 21

8-8.30am

Wellbeing break: Therapeutic Breath Work and Guided Meditation
Yoga Leicester | Everyone

9am

Welcome to Day 5
2 minute video clip from key figure

10-12noon

An Introduction to Suicide Awareness
Rural Community Council | Everyone

1-1.30pm

Match Fit: Using Sport and Physical Activity to Help Improve the Mental Wellbeing of Adults Within Leicester
Leicester City Football Club in the Community | Everyone

2-2.30pm

Understanding Anxiety and Depression
VitaMinds | Professionals

3-5pm

Introduction to Crisis Management Skills (Practical)
Turning Point | Everyone

6-7pm

Suicide Bereavement Awareness
Harmless | Everyone

7pm

Closing the Week: Light a Candle in Remembrance
International Association for Suicide Prevention | 2 minute video clip from key figure

8-8.30pm

Mindfulness with Cleo
Loughborough Wellbeing Centre | Everyone

To book, visit: www.startaconversation.co.uk/events