



***This year's suicide prevention campaign will focus on the emotional impact related to the cost-of-living crisis***

The cost-of-living crisis is impacting on everyone regardless of job or income. We are all examining outgoings and thinking about where to make savings. This year's campaign aims to highlight the **emotional impact** of the decisions which individuals and families are facing.

To support Fife's workforce, Fife's Health Promotion Service is working in collaboration with partners to provide a range of learning opportunities during the campaign week: from one-hour bitesize introduction workshops to two-day courses. For further information on each session and to register your interest in a space please [Click here:](#)

- ✚ **Monday 5<sup>th</sup> September**
  - Samaritans Learn to Listen Workshop, 9.30am-10.30am
  - Mental Health Improvement & Prevention of Self-Harm & Suicide Children & Young People.....Ask Tell, 2pm-3.30pm
- ✚ **Monday 5<sup>th</sup> & Tuesday 6<sup>th</sup> September**
  - Scottish Mental Health First Aid (two-day course)
- ✚ **Tuesday 6<sup>th</sup> September**
  - Positive Steps to Mental Health, 2pm-3pm
  - Understanding & Responding to Children & Young People at risk of Self-Harm & Suicide, 3pm-4pm
- ✚ **Wednesday 7<sup>th</sup> September**
  - Supporting Families and Individuals in the Community, 10.00am-11.00am
- ✚ **Wednesday 7<sup>th</sup> & Thursday 8<sup>th</sup> September**
  - ASIST: Applied Suicide Intervention Skills Training (two day course)
- ✚ **Thursday 8<sup>th</sup> September**
  - Self-Harm Awareness, 9.30am-11.30am
- ✚ **Friday 9<sup>th</sup> September**
  - Bitesize Introduction to Understanding Suicide, 10am-11am

***Closing date for registrations: Tuesday 16<sup>th</sup> August***

***Please note spaces are limited. Further dates are available through the Health Promotion Training Programme: <http://hptraining.fife.scot.nhs.uk>***

Further enquiries please contact: [fife.hittraining@nhs.scot](mailto:fife.hittraining@nhs.scot)