

MONEY ON YOUR MIND

If there's a leak in the bathroom or the car breaks down, it's likely that you'd call a plumber to stop the leak or a recovery service to fix the car. But what about if your problems are financial and you're struggling to cope with growing debts? Who might you turn to if your general wellbeing isn't so good and you're starting to struggle with your mental health?

The following session is available for group bookings and can be tailored to specific needs and either delivered in person or digitally (via Teams or Zoom).

Suicide Prevention Training (2 hours)

By the end of this session you will be able to:

- ⇒ Understand which groups are more at risk of suicide or self-harm and why
- ⇒ Feel more confident about how to offer the right kind of help to someone who may be feeling suicidal
- ⇒ Know where to find further help and support locally

We want to make sure that everyone knows who to turn to for help with money advice and mental health problems. If you know who can help in your area, you might just be able to stop someone from harming themselves, or even taking their own life.



Cost: this training is free to any Kirklees-based community groups, charities, businesses and Kirklees Council staff.

Booking: email contact@s2r.org.uk or call Louisa on 07927 960 968.

Support to Recovery

PROMOTING POSITIVE MENTAL HEALTH



 **Kirklees**
COUNCIL