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**Themes:** Advocacy, Bereavement and Grief, Counselling, , Mental Health

**Aimed at:** All People

Saving Silent Voices

Saving Silent Voices is a partnership programme between Nottinghamshire Mind and Bassetlaw CVS in response to the reduction in suicide agenda set by Bassetlaw CCG.

In Bassetlaw there is still a high prevalence of people who feel that they have no option other than to take their own lives, #savingsilentvoices has a series of resources, training opportunities and support mechanisms available, to increase awareness of suicide and encourage an open dialogue across communities.

The following links aim to provide you with an understanding of suicide, how to support someone who is suicidal, increase your confidence in addressing the issue of suicide and coping with suicide.

If you have any specific questions or need information you can contact our workers by email - [savingsilentvoices@nottinghamshiremind.org.uk](mailto:savingsilentvoices@nottinghamshiremind.org.uk)

**Area:** Bassetlaw

### **Contact Details**

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