World Suicide Prevention day is on Sat 10th September.

We have an important message to share with you all.

Suicide prevention is everyone’s business.

And together we really can make a big difference.

And save lives.

When it comes to talking about suicide many people feel worried they’ll get it wrong.

And sometimes this means we don’t talk about the one thing we need to talk about.

This year at X (organisation name) we’ve done something about it.

We’ve all done the zero suicide alliance online training.

It’s online, free, only takes 20 mins, and a great course.

There’s even one very short version that’s only 5-10 minutes long.

Just search zero suicide alliance on a laptop, tablet, or phone to find it.

It’s given me the confidence to talk to someone who might be considering taking their own life.

I can’t imagine a more important way to spend 20 minutes.

So my message to you – give the brief online zero suicide alliance training a go.

Tell your friends, family, neighbours, work mates about the training.

Let’s help us make Derbyshire a place where everyone has the confidence to help someone who is considering suicide.

And if you’re watching this video, and things are feeling tough, there is 24/7 support for you from the Derbyshire Mental Health helpline and support service – on freephone 0800 028 0077.

It’s ok not to be ok.

In emergencies call 999 or visit A and E.

(Everyone to say in unison) Suicide prevention is everyone’s business. We can all make a difference.

Search zero suicide alliance today and be part of the difference.