

Suicide Prevention Training and Resources

Free Hertfordshire Training delivered by Samaritans

If you work in Hertfordshire, or support people who live in Hertfordshire, there is free training for frontline workers and volunteers. This will:

- equip you with practical skills to have supportive, controlled and effective conversations;
- help you to assess and respond to risk; and
- give you the information to signpost to relevant support services.

If you'd like to learn more, then please visit Eventbrite [Sign up for free Suicide Prevention Training | Eventbrite](#) or email SuicidePreventionHerts@hertfordshire.gov.uk.

Useful resources

A range of opportunities can be found at the Zero Suicide Alliance, include a 20-minute self-guided online module: [Free online training from Zero Suicide Alliance](#)

Solace, a charity based in Leeds, has produced a number of videos for new arrivals which are available in English, Albanian, Arabic, Farsi, Kurdish Sorani, Pashto or Tigrinya. The videos are aimed at supporting people experiencing stress or tension as a result of their refugee/asylum journey and will be of interest to anyone supporting these residents:

[Helpful resources for refugees and people seeking safety | Solace](#)

Suicide prevention resource hub

A range of information to help you understand and prevent suicide can be found here:

[Suicide Prevention Hub - Grassroots Suicide Prevention \(prevent-suicide.org.uk\)](#)

Reporting an incident

If you are aware of a serious incident in relation to mental health, please consider emailing SuicidePreventionHerts@hertfordshire.gov.uk, as well reporting to the police via [Report | Hertfordshire Constabulary \(herts.police.uk\)](#). If the incident took place in an asylum seeker hotel, please also copy in asylumsupport@hertfordshire.gov.uk. Please note that incidents can be reported anonymously if you are worried about releasing personal or confidential information.

The 5 Ways to Wellbeing:

