

# Your invitation to attend PIPS Community Lifeguards Training



- What?** PIPS Community Lifeguards Suicide Prevention Training programme has been developed by PIPS, a suicide prevention charity based in North Belfast.
- When?** Wednesday 24<sup>th</sup> June 2009, 10.00 – 4.00pm
- Where?** Conference Suite, North City Business Centre, 2 Duncairn Gardens, BT15 2GG (map below)
- Why?** The training is aimed at ordinary members of the community because suicide can affect us ALL and suicide prevention should be EVERYBODY'S business. With local people trained to be more aware of the risk of suicide and the sources of help available, the training will make our communities safer. The training will give you:
- A better understanding of suicide and it's impact on our society
  - Knowledge of who is at higher risk
  - Skills to prevent suicide - the LOOK LISTEN LINK model
  - Knowledge of resources available locally
  - Knowledge of how to maintain good mental health
  - The opportunity to gain a recognised qualification - "Introduction to Suicide Prevention", OCN Level 2 (£20 registration fee per person)
- How?** Participants work in groups for discussions, exercises and games. Video interviews, interactive video role plays, visual games and animated graphics ensure that learning is delivered in a variety of ways.
- How Much?** The great news is that we have funding in place to cover the costs of this training programme, so it is available to you absolutely **FREE!!!** Registration for the OCN qualification is £20 per person, however this is optional.

## Location:

North City Business Centre is situated on Duncairn Gardens in North Belfast. The business centre is on both sides of the road. The conference suite is situated next to reception on the opposite side of the road to NICVA.

