

ICAN MENTAL HEALTH & SUICIDE AWARENESS TRAINING

USEFUL LINKS AND FURTHER INFORMATION

- https://www.mind.org.uk/information-support/helping-someone-else/carers-friends-family-coping-support/looking-after-yourself/#.XEddrsV_cs
- <https://www.ptsd.uk.org/friends-and-family/self-care-for-loved-ones/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/understanding-stress/https://hospicefoundation.ie/our-supports-services/bereavement-loss-hub/grief-in-the-workplace/>
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Signposting

- GP
- ED (A&E)
- Llinell Gymorth C.A.L.L Helpline 0800 132737 24 hrs a day 7 days per week
- Samaritans 116 123
- CALM 0800 58 58 58
- www.selfinjurysupport.org.uk
- www.mind.org
- DAN 24/7 (substance misuse support)
- Zero Suicide Alliance
- Papyrus
- Mental Health Support Leaflet – available from the Welsh Ambulance Trust website www.ambulance.nhs.uk
- BCUHB Website link to ICAN Website:
<https://bcuhb.nhs.wales/health-advice/mental-health-hub/i-can/>
- SOBS – Survivors of those Bereaved by Suicide
- SHOUT – txt SHOUT to 85258 to general public or
Txt CONTACT to 85258 to individuals serving in the Armed Forces or Veterans

Video Links

Lad Bible - <https://www.youtube.com/watch?v=vvaOCgCnjGc>

Zero Suicide Alliance - <https://www.zerosuicidealliance.com/training>

Help for Heroes – free suicide training on – www.helpforheroes.org.uk

The Black Dog - <https://www.youtube.com/watch?v=XiCrniLQGYc>

