

Tips, tools, and skills development in mental health & suicide prevention



Tips:

Build awareness and understanding

Emotional health and wellbeing

Skills:

Increase your understanding and skills

Guidance on supporting mental health and wellbeing

Tools:

Practical tools, skills and practice

Working with others to improve their safety and resilience

Suicide prevention:

Suicide is preventable and we know that sometimes all it takes to save a life is a conversation

Every mind matters:

Practical ways to ease anxiety, manage stress, lift your mood and sleep better. For more information

[visit the NHS website](#)

5 ways to wellbeing:

Foster positive mental health, enhance self-esteem, and reduce the risk of mental health issues. For more information

[visit the NHS website](#)

Mental health signposting:

Information on services to help look after your mental health.

For more information

[visit the Portsmouth City Council website](#)

Foundations of Trauma-Informed Practice:

An introductory course for everyone. Free to access through

[The Open University website](#)

Be Wellbeing Aware - Mental Health:

This free, 2-hour course will help build your understanding of mental health and wellbeing. For more information

[visit the East Hants Mind website](#)

Connect 5 (Portsmouth & Southampton):

Understand stress and distress, learn CBT-lite tools to help people. To register and for more information

[visit the East Hants Mind website](#)

Mental Health First Aid:

Learn about different types of mental ill health, how to identify, understand and respond. Fully funded through the UK Government Adult Skills Fund on the

[Free courses in England website](#)

Zero Suicide Alliance Awareness Training:

A 30 min, free, online course that can be taken by anyone to learn basic suicide awareness and prevention skills on the

[Zero Suicide Alliance website](#)

Suicide First Aid:

Gives people the confidence to act when it matters most.

[Register for free training on Eventbrite](#)

Safety planning:

Many people will have thoughts of suicide, thinking about suicide does not make it inevitable. A safety plan helps prevent turning thoughts into actions. For more information

[Visit the Every Life Matters website](#)

Confidential Safety Planning:

[Stay Alive app](#)

Click on the links to access relevant websites.