

# Managing my suicidal mind

A course to help understand,  
and move past suicidal thinking.



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# The Project

Suicidality includes the thoughts and behaviours associated with suicide. Individuals may experience persistent feelings of not wanting to continue living, while others might face intense and overwhelming thoughts that could lead to actions based on those feelings. This project aims to provide a supportive environment where participants can openly discuss the impact of suicidality on their lives and acquire valuable skills to help manage these experiences effectively.

## The course

This is an 8-week course for anyone who would like to reduce the impact of suicidality on their lives. The courses are a variety of peer support, learning and skills development. There will be no more than 8 people in the group.

## Referrals

Referrals can be from any organisation who supports a client e.g., mental health team, GP surgery; Recovery Houses, or Safe Havens. If someone doesn't have a support team and would still like to join, send an email to [info@windmilltraining.co.uk](mailto:info@windmilltraining.co.uk)

Once referred, there will be a discussion with a project team member who will say more about the programme and requirements for attendance. It will also be a chance to ask any questions or concerns.

## The Sessions

Each session will focus on a topic related to suicidality including:

- Suicide ideation
- Managing a crisis
- Burden/Guilt/Shame
- Emotional Numbness
- Wider perspectives
- Support

Contact about the start of the next available course.

Venues in East and Mid-Kent

For referrals click here <https://forms.office.com/e/xa30EHasAg>  
Contact us [info@windmilltraining.co.uk](mailto:info@windmilltraining.co.uk)

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