

Runners and volunteers – we need you!

Local parkrun to focus on mental health awareness and suicide prevention

Sussex Partnership NHS Foundation Trust has joined forces with parkrun to help raise awareness about mental health, stamp out stigma and share information about suicide prevention.

Come along and show your support on Saturday 2 February 2019, at 9am, at the choice of three parkrun locations:

- **Hotham Park, Bognor Regis**
- **Preston Park, Brighton**
- **Shinewater Park, Eastbourne**

Sussex Partnership will be starting a conversation about their SAFE (Suicide Awareness for Everyone) and Say Hello campaign to raise the importance of talking about mental health issues, and promote suicide awareness.

Come along if you are a regular parkrunner, a first timer wanting to give it a go, or if you want to show your support and volunteer on the day.



**Saturday
2 February 2019
9.00am**

- **Hotham Park,
Bognor Regis**
- **Preston Park,
Brighton**
- **Shinewater Park,
Eastbourne**

For more details contact Karen Hoskin:

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