



PEOPLE IN PARTNERSHIP 'LET'S TALK ABOUT MENTAL HEALTH'

Suicide Prevention

In support of World Mental Health Day 2019 on the 10th October our theme for the next cohort of groups will be Suicide Prevention.

'Every 40 seconds someone loses their life to Suicide; it's also the second largest cause of death for 15- 29 year olds' (WHO, 2019)

'Let's talk about Mental Health'

Seaford, Tuesday 10th Sept

10.30am - 1pm

Seaford Baptist Church, Belgrave Rd, Seaford BN25 2EE

[Book here](#)

Eastbourne, Thursday 19th Sept

10.30am- 1pm

*Willingdon Trees Community Centre,
Holly Place, Eastbourne BN22 0UT **[Book here](#)***

Hastings, Thurs 26th Sept

10.30am- 1pm

*First Floor, Marlborough House, 23-29 Warrior Square, Saint
Leonards-on-sea TN37 6BG*

[Book here](#)

Peer support available at each group.



Do you have lived experience of Mental Health challenges?

Would you like to be involved in the design & development of local Mental Health support?

Would you like your views and feedback heard?

**Contact Michelle Trunchion
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