

Free Introduction to Suicide Prevention Training

What if... asking about **suicide** could save a life?

After losing her friend, **Noor** wants more people to be brave and ask about **suicide** because it can save lives.

Learn how to ask at:
SuicidePrevention.scot

Suicide 
Prevention
Scotland.



Wednesday 9 September 2026 | 10am–11:30am | Online

Open to all Moray Council and Health & Social Care Moray Staff

Delivered by the North East Suicide Prevention Team

SAMH
Scottish Action for Mental Health

Join this welcoming online session to explore how we can support people each other and those in our communities and feel more confident starting difficult conversations.

<https://teams.microsoft.com/meet/317495735336724?p=gf0P5pUflgKRT0csnS>