

# Suicide Awareness Week

## Monday 24 April – Friday 28 April

Across the railway network the month of April experiences a higher number of suicide events than

any other month during the year. To help raise awareness of suicide prevention and mental health, the safety team are running a week long campaign.

Please get involved and sign up to the National Suicide Prevention learning tool to show your support [www.nspsglearningtool.co.uk](http://www.nspsglearningtool.co.uk)

## Highlights of the week include:

### TUESDAY – SPECIAL SAFETY HOUR

Run by Lindsay Melbourne (Community Safety Manager) and Jess Buckpit (Security and Route Crime Project Manager).

### WEDNESDAY – LUNCH TIME LEARNING

Jess Buckpit and a representative from the Samaritans will be running two 1 hour lunch time learning sessions. These will be focused on the learning tool at the Basingstoke ROC. All staff welcome!

During the week, you will receive information and guidance on what you can do to help prevent suicides.

For more information please contact:

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