

# 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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