

# Learning Days

## Mental health Substance misuse and Suicidality



### A joint venture between Norfolk and Waveney Mind, Change Grow Live and the NSFT.

Comissioned by Norfolk Public Health and delivered by Norfolk and Waveney Mind, this Learning day is intended for those who work within Norfolk professionally or as volunteers with people who may be at risk of suicide, and whose combination of mental health issues and substance misuse are factors in that risk.

Over half of people in recent contact with mental health services who go on to die by suicide have a history of drug or alcohol misuse. Indeed, the risk of suicide is up to eight times greater if the person is misusing alcohol, and the addition of drugs creates a deadly combination.

#### Outline of the day

Taking place in a Covid-safe and thoroughly risk-assessed venue, the day offers the chance to rotate around a series of interesting and highly relevant workshops, and offers a rare chance to network with other colleagues and agencies (respecting social distancing, of course).

Topics covered will include:

- Suicide first aid – awareness and intervention skills
- Trauma informed practice in dual diagnosis
- Referrals, pathways, and integrated models of care
- Best practice in assessment and helpful tools to use
- Learning from lived experience

#### Dates

These courses will now be delivered virtually for the following dates and we are able to offer a few more spaces to qualifying delegates:

22 January 2021 – 9:30am – 4:30pm  
26 February 2021 – 9:30am – 4:30pm  
19 March 2021 – 9:30am – 4:30pm

*Please request to book via: [www.norfolkandwaveneymind.org.uk/training](http://www.norfolkandwaveneymind.org.uk/training)*

*You will be sent a form to complete, and we will notify you as soon as possible whether you have a place. Places are free provided you meet the criteria.*

e. [training.nwm@norfolkandwaveneymind.org.uk](mailto:training.nwm@norfolkandwaveneymind.org.uk)  
t. 0300 330 5488  
[www.norfolkandwaveneymind.org.uk/training](http://www.norfolkandwaveneymind.org.uk/training)

Norfolk and Waveney Mind is a registered charity - No. 1118449

