

# LET'S TALK

## TRAINING



Hertfordshire and  
West Essex Integrated  
Care System

# FREE Suicide Bereavement Training for Hertfordshire & West Essex

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## Autumn 2023 – Summer 2024

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### Learning Outcomes

- The magnitude of suicide bereavement
- Suicide loss as a unique form of complex bereavement
- 'Complicated grief', trauma and other individual responses to suicide
- The wider impact of bereavement on those exposed to or affected by suicide
- The stigma and shame associated with suicide and bereavement
- Bereavement by suicide as a unique risk factor for suicide
- Responding to those bereaved by suicide, and how we can help to support them
- Key UK strategic guidance and research on best practice in shaping services to incorporate suicide bereavement support
- Postvention: what it means and why it matters
- A local service perspective: The Tomorrow Project's work supporting those affected

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 [training@harmless.org.uk](mailto:training@harmless.org.uk)  0115 880 0281  Booking: [harmless.eventbrite.co.uk](https://harmless.eventbrite.co.uk)

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## Training Dates Autumn 2023 – Summer 2024

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Wednesday 27 September 2023 • 9.30am – 1pm (MS Teams)

Monday 16 October 2023 • 9.30am – 1pm (MS Teams)

Tuesday 28 November 2023 • 12.30pm – 4pm (Face-to-face: Epping Forest)

Thursday 11 January 2024 • 12.30pm – 4pm (MS Teams)

Tuesday 5 March 2024 • 9.30am – 1pm (MS Teams)

Thursday 21 March 2024 • 12.30pm – 4pm (Face-to-face: Bishop's Stortford)




Friday 19 April 2024 • 12.30pm – 4pm (MS Teams)

Tuesday 14 May 2024 • 9.30am – 1pm (Face-to-face: Hemel Hempstead)

Wednesday 19 June 2024 • 9.30am – 1pm (MS Teams)

Thursday 18 July 2024 • 9.30am – 1pm (Face-to-face: Watford)

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