



## LOSING THE WILL TO LIVE

**Tuesday 8<sup>th</sup> November      9.30am – 1.00pm**

### **PROGRAMME (approximate timings)**

***Suggested interventions will be shared throughout the morning***

09.30am	Welcome & technical tips from Jeremy
09.35am	Meet your Buddies
09.40am	<b>Session 1 : Suicide facts and figures</b>
09.50am	<i>Jackie's Story : fighting the urge to die</i>
10.10am	<b>Buddy Group Discussion (15 mins)</b>
10.25am	Break (5 mins)
10.30am	<b>Comments and Questions</b>
10.40am	<b>Session 2 : What it's like to feel suicidal?</b>
10.50am	Distraction Exercise
11.00am	<b>Session 3 : Considerations for Therapists</b>
11.15am	<i>Heather's Story : a sister's suicide</i>
11.25am	<b>Buddy Group Discussion (15 mins)</b>
11.40am	Break (10 mins)
11.50am	<b>Comments and Questions</b>
12.00pm	<b>Session 4 : Risk Assessment</b>
12.15pm	<i>Yasmin's Story : a partner's suicide</i>
12.30pm	<b>Session 5: Counselling a Suicidal Client</b>
12.40pm	<b>Buddy Group Discussion (10 mins)</b>
12.50pm	<b>Comments and Questions</b>
13.00pm	Information, updates and finish

