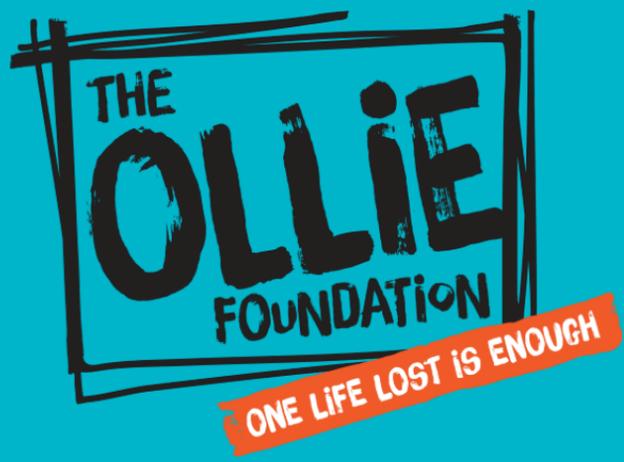


AUTUMN UPDATE!



ONLINE TRAINING & EVENTS

Book your place now for Autumn dates

Free to Students, Parents and Carers (Except for ASIST)

TALK SAFE, PLAN SAFE

A 90 mins Suicide Prevention talk to reviews key messages from suicide intervention trainings giving you an opportunity to gain skills and knowledge to help you prevent suicide. The talk aims to help you feel more comfortable to support anyone in emotional crisis where suicidal ideation may be present. [CLICK HERE TO BOOK](#)

Tues 26 Oct
6pm - 7.45pm

Thurs 18 Nov
4pm - 5.45pm

THE SCIENCE OF GOAL SETTING

Mon 15 Nov
6pm - 7.45pm

This 2 hour talk looks at the evidence base and science of goal setting. Goals are great but if you don't know how to reach them, they remain simply dreams. This session guides you through scientifically proven methods that can support delegates to reach their goals.

[CLICK HERE TO BOOK](#)

KEEPING SAFE AND CARRYING ON

Consider how your brain processes emotions such as fear, anger and worry, and how that process starts a chain reaction of physical and cognitive responses. This session supports an understanding of the science of emotion and explores strategies that can be used to calm the system and overwhelming thoughts.

[CLICK HERE TO BOOK](#)

Tues 16 Nov
6pm - 7.30pm

Mon 22 Nov
4.30pm to 6pm

Alternate Weds
9.30am to 11am

Alternate Fridays
4.30pm to 5pm

The Zentangle® drawing method is a relaxing and fun way to create beautiful images by drawing structured patterns called tangles.

Zentangle can help rest your mind and relax. Experience 90 minutes of calm and creativity – you can even turn your creations into cards for friends and family

[CLICK HERE TO BOOK](#)

ZENTANGLE

ASIST

Applied Suicide Intervention Skills Training (ASIST) is a two-day interactive workshop in suicide first aid. ASIST teaches participants to recognize when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. ASIST is developed by LivingWorks. To book your ticket email contactus@theolliefoundation.org

20 & 21 Nov
9am - 5pm

1 & 2 Dec
9am - 5pm

For further information visit:

www.theolliefoundation.org/calendar

**BOOK TO
JOIN US!**



EXPERT PANEL TALKS

Free to Students, Parents and Carers

Expert panelists Bonnie Singh, Jean Dillon, Michael Wallace, Shaun Pascal and Tanya Marwaha discuss suicide awareness and prevention among Black and Asian communities.

Suggested donation - £5

[Click here to book](#)

Wed 27 Oct
6.30pm - 8pm

Wed 10 Nov
6.30pm - 8pm

Prof John Coleman hosts an expert panel; Mike McCarthy, Steve Mallen and Stuart Falconer, to consider grief from the perspective of these 3 fathers, who all lost a child to suicide.

Suggested donation - £5

[Click here to book](#)

The History of Suicide - Lessons for Today - Expert Speaker Cambridge PhD researcher Ella Sbaraini will guide us through the history of our response to suicide from antiquity to the present.

Suggested donation - £5

[Click here to book](#)

Wed 17 Nov
6pm - 7.30pm

Fri 19 Nov
6.30pm - 8pm

Expert panel with author and researcher, Beverley Thomson, exploring what do we need to know about antidepressants and young people and how can we better manage side effects for those that would benefit from SSRI's (antidepressants)

.Suggested donation - £5

[Click here to book](#)

For further information visit:

www.theolliefoundation.org/calendar

or email

contactus@theolliefoundation.org



APPS & DIGITAL



SUICIDE PREVENTION TOOL



R;pple

Ripple's digital tool ensures that immediate mental health support and resources are presented to individuals following a harmful online search

To download the tool to your browser, visit:

ripplesuicideprevention.com

If you are one of the following individuals or organisations, you can download **R;pple free of charge** to safeguard your people from online searches relating to self-harm and suicide:

Parents, Carers, Schools, Colleges, Unis & social Groups

FREE APPS

WELLBEING TOOLS FOR YOU

To mark World Mental Health Day (October 10) people can access these 3 apps through to the 24th Oct and have 1 month's free trial. Each app was created by Nick Begley, formerly Head of Research at Headspace, designed to help people deal with anxiety, grief and self compassion.

Please click on the links below to take you to the app store

[Anxiety Solution](#)

[Grief Works](#)

[Self Compassion](#)

Go through the onboarding process as usual until you get to a screen which says, 'I'm glad you're here.'

Sign up below to try the course' then select, "Already a user? Log in here" and use your email address and the password: **compassion2021** for all three apps

Please note that these apps aren't endorsed
by The OLLIE Foundation