



PIPS PROGRAMMES

preventing suicides

Mind your Mate

After completing the **PIPS Mind Your Mate Programme** young people will

- _ Understand why one of their friends might be considering suicide
- _ Understand why they mightn't ask for help
- _ Know the signs to watch out for
- _ Know what to say to them
- _ Know how to get them the help that might save them
- _ Understand how to maintain their own positive mental health

www.pipsprogrammes.com





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Mind Your Mate

- _ We want to train 1000 young people in Belfast between 16 and 24 how to save someone from suicide.
- _ We want to do this by 31st January 2011.
- _ Too many young people are dying who could be saved if they get the right help.
- _ Young people looking out for other young people.
- _ Three hours of suicide prevention skills training that will help a young person save another young persons life.

LEARN WHAT TO LOOK FOR

LEARN WHAT TO SAY

LEARN WHAT TO DO

- _ We need organisations to host the Programme and to recruit 1000 young people.

WILL YOU HELP US SAVE YOUNG PEOPLES LIVES?

For more information, contact us

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