

10% of all suicides in the UK are work-related.

SEVEN SIMPLE SWITCHES

# SHIFT THE

MICROLEARNING+ SESSIONS

# STORY ON SUICIDE

**66% of employees still** use stigmatising language like *committed suicide*.

Suicide rates are at their **highest in more than two decades** with **6,069** registered in England and Wales in 2023.

It's estimated that **650** suicides in the UK each year are down to work-related pressures.

**WORKPLACES NEED TO ACT NOW TO SUPPORT THEIR STAFF AND PROTECT THEIR BUSINESSES**

## WHAT THESE SESSIONS PROVIDE

**Seven Simple Switches microlearning+ sessions** help you show your commitment, engage your people and create a safe, positive space for the conversation around suicide.

Combining the lived experience of loss by suicide with the real thoughts and feelings of those who typically struggle to communicate, these sessions are **powerful, raw, memorable and impactful**.

**Delivery:** One hour, virtual or in-person.

**ASK FOR FURTHER INFO AND AVAILABILITY**

## WHAT PEOPLE SAY

*"I couldn't believe how Caroline's session was so moving yet so practical and actionable too."*

*"Caroline creates a safe space to start the conversation about suicide."*

*"I believe this story can and will save people."*



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Ref: ONS, MHFA



# STORY ON SUICIDE

## SEVEN LEARNING OBJECTIVES

- **UNDERSTAND** how the way we communicate about suicide can either perpetuate the stigma or create open space for connection and hope.
- **LEARN** from an expert by experience about the complexities of loss by suicide and its enduring impact on those left behind.
- **EXPLORE** the power of lived experience to open the door for transparency and meaningful conversations about suicide.
- **RECOGNISE** some of the common barriers to talking about suicide and consider how to address them.
- **DEVELOP** foundational skills to create an environment of psychological safety that encourages open, honest dialogue.
- **BUILD** confidence and competence for when it matters most.
- **TAKE AWAY** seven practical tools to transform conversations about suicide.

**COST**  
**£495 - £795**  
**DEPENDENT ON**  
**GROUP SIZE AND**  
**LOCATION**

## WHY WORK WITH CAROLINE?

*In 2018, Caroline's husband of 18 years took his own life without warning. Following this tragedy, Caroline combined her lived experience with her extensive internal communication skills to promote better messaging around suicide prevention. She shares her story of grief and loss to inspire and motivate others, demonstrating how she developed the resilience and strength needed to find hope again. She has also written the number one best-selling book, *Daddy Blackbird*, the true story of a family surviving and thriving after loss by suicide.*

*The complex trauma resulting from Steve's sudden death has defined Caroline's mission to empower others, whether they are individuals who have faced a similar challenge or organisations committed to promoting and protecting the mental health of their workforce.*