



# Survive and Thrive

Support others, support yourself

- Learn simple techniques that support refugees and asylum seekers to improve their mental wellbeing
- Connect people in crisis to the help they need
- Feel more confident to talk to people about mental health

A free online course for volunteers and staff supporting asylum seekers and refugees in Leeds

**Wednesdays 12.30pm - 2.30pm**

Starts **10th January 2024**



 Leeds  
Community  
Foundation

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## WHAT IS THE COURSE ABOUT?

**Pathways to change** - how we can be part of people's journey from isolation and risk to connection, recovery and growth.

**Men - risks and opportunities** - why do men have a suicide rate five times higher than women? We'll look at reducing risk for men in our communities.

**Conversations that make a difference** - using listening skills to help people connect and see things in a different way.

**Signposting - where and how?** Local at the local services and support we can signpost users to, and how to make it easier for them.

**Dealing with risk** - how to recognise signs of suicide risk and connect people to help.

**Supporting your own wellbeing** - keeping yourself safe and well when dealing with stressful situations.

*"It gave me concrete ideas about responding to people positively, through signposting, not offering my solutions, which is a revelation to me!"*

*"It's made a massive difference; I'm more able to support people in different situations."*

*"Both trainers were inspirational."*

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**Book your free place -  
email Duncan - [duncan@humansbeing.org.uk](mailto:duncan@humansbeing.org.uk)**

This course is led by Humans Being, a Leeds-based not-for-profit organisation. [www.humansbeing.org.uk](http://www.humansbeing.org.uk)