

**LET'S
TALK**

GREATER GLASGOW & WEST

Support for adults bereaved by suicide

VIRTUAL SUPPORT WORKSHOPS (NO COST)

Every Wednesday at 6.30pm on Zoom

18th August to 22nd September 2021

SAMH and Cruse Scotland can support you with:

- **A safe space to come together and connect with others**
- **The process of recovery**
- **Managing mental health & wellbeing**
- **Building strength to manage life's challenges**
- **Signposting onto further support if required**



For more information or to book a place, contact:

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What is Let's Talk?

These workshops are being delivered by SAMH & Cruse Bereavement Care Scotland. SAMH (Scottish Association for Mental Health) is working in the heart of local communities to increase knowledge and understanding of mental health and wellbeing. We help to reduce stigma and encourage mental health conversations. Cruse Bereavement Care Scotland is a charity delivering bereavement support to people throughout Scotland.