

Prevention and Positive Activities Programme

We offer support for men who are thinking about suicide



- Safety & support plans
- A trusting environment to talk
- Positive activities to engage with
- Coordinated support with other agencies
- Support at meetings and appointments

We aim to reduce difficulties by understanding that:

- Talking to others can help
- It is okay to ask for help
- Noticing improvements and making positive changes
- Knowing who can help

Referrals can be made via GP practices,
Local Delivery Groups

norfolkandwaveneypartnership.org.uk

or via the Norfolk Community Advice Network

norfolkcan.org.uk

Self referrals are welcome too

East Norfolk & Waveney

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