

A compassionate talk about suicide

**Tuesday 24th
February 2026
1.30pm – 3pm**

Join us for an opportunity to understand more about suicide in a safe and welcoming space.

Let's come together to help change the conversation, reduce stigma and encourage compassion towards ourselves and each other.

Open to all adults affected by suicide and to anyone interested to learn more.

Secure your free place [here](#) or call 01992 564226.

Location:

Chigwell Parish Community Hub (next to Victory Hall)
Hainault Road,
Chigwell, IG7 6QZ

For more information contact:
lcleverley@eppingforestdc.gov.uk



We look forward to meeting you on the day....



Hannah
Suicide
Prevention
Trainer



Rebekah
Community
Engagement
Officer in
Limes Farm