In October, Ealing Mencap worked with Ealing Public Health and attended The Suicide and Self-Harm Prevention workshop. The goal was to create a suicide prevention action plan for Ealing.



At the workshop, more than 100 people from the community discussed suicide prevention in Ealing.



Ealing Mencap took part in this workshop and introduced everyone to makaton signs that can help people to communicate. The signs were about emotions and how to ask for help.



Sometimes, it can be difficult for people with learning disabilities to express their feelings. Makaton can help people to communicate better.



You can watch a video to learn these signs, which can help to express and understand emotions and ask for help. Click here.



If you're interested in finding more resources and support, you can visit these websites:



Suicide prevention

Stay safe tool kit for people with learning disabilities