

# chooselife

## *to the full*

Choose Life are inviting the people of Argyll to Choose Life to the Full during Suicide Awareness Week in September. The best way of protecting ourselves and our communities from the risk of Suicide is to have things in life that sustain us and to know where to go to when we need help, so come along to the Corran Hall on 8th September and join Choose Life in celebrating and promoting life to the full. There will be lots of fun activities and sources of advice. Try out an Indian Head Massage or other relaxation activities, think about your work/life balance, and find out about organisations that will support you when you need help. For younger folk there will be an opportunity to test out their rapping skills and to contribute to a piece of group art. You can also just take the time to relax and have a complimentary hot drink.

There is a serious message under the fun though. Anyone can be at risk of Suicide when under pressure; it isn't just those struggling with a mental health problem. Suicide is a major community health problem in Scotland, on average 2 people a day die by suicide. Most of those lives could be saved if every member of our communities knew the signs of suicide and knew how help make someone feel safe – sometimes it is just offering the time and space to talk.

If you can't make the open day then maybe you could attend one of the evening events planned – an opportunity to learn more about Choose Life and to think about the question 'is it OK to talk about suicide'. These September events will be in Dunoon on the 10th,

Rothesay on the 12th and Campbeltown on the 13th. A light supper will be available and each event starts at 6.15pm.

For the past three years Choose Life has been offering training to all those interested in exploring more about their own attitudes to suicide and how to offer help to those at risk. If you would like to find out more about Choose Life go to the website at

**[www.chooselifeinargyllandbute.org.uk](http://www.chooselifeinargyllandbute.org.uk)**  
or call 01436 658824.

## chooselife

in Argyll & Bute

### Choose Life to the Full

**Saturday 8th September**  
**10am – 2pm**  
**Corran Hall, Oban**

#### Something for everyone -

Try a new activity,  
Or Relaxation  
Need some advice?

Have a go at writing and performing your own rap  
Contribute to a piece of art or have a go on the bouncy castle.

**Need a break?**  
**Have a hot drink on us!**