

# SUICIDE. THERE WE SAID IT. NOW LET'S TALK ABOUT IT.

## The World's Biggest Suicide & Wellness Conference & Concert

**Leicester, UK – Saturday 8th September 2018**

Haymarket Theatre and other participating locations

Leicester launch – Wed 8th Nov 2017, LCB Depot 6-8pm

Every year around the world over a million people take their own lives. A suicide every 30-40 seconds. There are more suicides than war deaths, more than murders, and in many nations including the UK, more than four times road traffic deaths. And it's rising. For every suicide there are around 20 attempts. That's perhaps one or two billion people around the world thinking about killing themselves in any year.

Talks, live music, poetry, socialising, debates, comedy... there are many ways to talk about suicide, mental health and wellness. The problem is not enough people do. From the 'ordinary amazing people' affected by suicide, to world renowned artists and authors, academics and mental health professionals, musicians and poets, the **Festival of Life And Death (FoLaD)** will be a platform to share best practice, experiences, feelings, wisdom and teachings.

The radically and boldly conceived Festival of Life and Death aims to help:

- *break the suicide taboo*
- *raise awareness of how to reduce and prevent suicides*
- *share what we know about suicide, stress and mental illness*
- *educate about wellness and taking care of our mental health*

With over 1,000 auditorium seats and a whole city to expand into, we are creating a festival of wellness, recovery and healing, leading-edge scientific and academic ideas, clinical and therapeutic best practice, and a platform for 'ordinary amazing people' who want to talk about and understand suicide, its causes, preventions and what must change.

An exciting mixture of live performances, conference talks, pop-up cafes, workshops and activities, the **FoLaD** emphasis will be on interactivity and participation. Talks will be short, interspersed with uplifting artistic, creative or musical performances – lots and lots of them.

The **FoLaD** main conference event will be at the Haymarket Theatre in Leicester UK, (re-opening in 2018 as a state-of-the-art venue after 10 years dormancy).

The Haymarket has a main auditorium seating over 800 plus integral smaller spaces including a studio theatre, foyer, café, bar and workshop areas. Evening concerts are planned after the conference.

The conference is free/ donation-only to attend, and will be streamed out globally for free.



*Festival of*  
**LIFE & DEATH**

The Festival of Life and Death website offers more information and registration to attend, speak, perform or provide services. **FoLaD** is firmly non-profit, inclusive and diverse, and open to input and involvement from anyone, anywhere.

**Suicide. Mental health. Wellness.  
Let's talk about it all...**

[www.festivaloflifeanddeath.org](http://www.festivaloflifeanddeath.org)

**Enquiries:**

[info@festivaloflifeanddeath.org](mailto:info@festivaloflifeanddeath.org)

**Main venue:**

[www.haymarketconsortium.co.uk](http://www.haymarketconsortium.co.uk)

**Leicester launch event -  
8th Nov 2017,  
LCB Depot, 6-8pm  
(register by email)**

**Leicester launch venue:**

[www.lcbdepot.co.uk](http://www.lcbdepot.co.uk)

(Suicide stats based on WHO data and other reputable sources.)



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