

Suicide Awareness Matters

FREE TO JOIN: 17 May 12:00-1:00

In honour of 'Mental Health Awareness Week'

Join me for a raw and candid conversation with Caroline whose husband of 18 years took his own life without warning, leaving behind their two young girls. Caroline shares her lived experience and talks about how her family have navigated their grief and loss in order to help reduce the stigma around suicide and to give a voice to those left behind.

Rachel Vecht



In 2001, Rachel founded Educating Matters, working with D&I, L&D, HR and ERGs to support employees worldwide. Drawing on her experiences as a former school teacher and mum of four, she supports 10,000's of working parents globally on all aspects of educating, raising children and integrating work and family. She also has an online parenting course, speaks in schools and regularly comments on parenting for the media, podcasts & online.

Caroline Roodhouse



Caroline is an internal communications consultant working across multiple industries, from education and health services to pharma and FMCG. She is passionate about CPD, constantly learning and growing. In 2018, Caroline's husband of 18 years took his own life without warning, leaving behind two young children. Caroline writes and talks about her lived experience of grief and loss to give a voice to those impacted by suicide.

Educating Matters provide extensive support to support global organisations, addressing a broad range of DEI topics through mediums such as webinars, videos, online courses, training and 1:1 coaching.

[Register here to join live or gain access to a recording](#)