

Talking About... Suicide suite of training programs are dedicated to skilling any adult to understand and value the importance of maintaining mental health, to be aware of the warning signs, contributing factors and basic steps on how to reduce the risk of suicide for themselves, their associates, friends and families and how to respond to those who have been impacted by suicide.

This training aims to assist any adult to develop the competence to identify people who might be at risk of, or bereaved by, suicide and the knowledge, confidence and connections to respond appropriately to help connect them to support.

Developed from extensive community experience, with professional contribution from Masters of Suicidology, allied health professionals and clinicians, Talking About Suicide is informed by latest research, standards and guidelines from World Health Organisation, National Suicide Prevention Strategy and LiFE (2009) Framework.

Talking About Suicide training programs have been designed with flexible delivery options available to meet the particular needs and circumstances of your organisation or community. Training can be delivered within the workplace or externally if preferred.

Training is delivered in modules which can be tailored to conform to your organisations needs and time constraints, from 1 ½ hours to a full day.

Talking About Suicide core training modules can include:

- Awareness of mental health issues specifically those related to suicide risk
- Risk factors, tipping points and crisis situations that can lead to suicidal thinking
- Seeing the signals, recognising the signs of risk
- Skills to respond – potential barriers, active listening, difficult conversation skills,;
- Responding to challenging situations; practical resources, where to find help

*** All sessions include practical self care strategies*

TALKING ABOUT SUICIDE - Modules outlined

1. Self-Care, Mental Health and Wellbeing

- The impact of responding to life's challenges – what does this mean for us.
- The importance of emotional hygiene in maintaining good mental health.
- Practical self-care and wellbeing strategies

2. Facts and Myths

- Global and Australian statistics about suicide
- Myths about suicide and what that means for how we might respond when we, or someone we know, might be at risk.

3. Identifying people at risk – recognising the signs

- What puts someone more at risk - what areas of concern in their life may have an impact on mental ill-health or suicide risk.
- How to recognise the warning signs that someone might be struggling or even thinking about suicide.
- What can help keep someone safe.

4. Gaining Skills

- Talking to someone about suicide/suicide bereavement.
- Using language that is appropriate about suicide.
- Knowing what to say, what to do.

5. Connecting to services

- What to do if someone is thinking about suicide, or if we ourselves are struggling.
- Resources for help or support.

6. After a suicide loss

- Understanding/ managing the impact on workplaces and individuals and communities.
- Trauma, loss and grief in relation to suicide loss.
- Understanding the uniqueness of suicide loss – differentials to other types of sudden death.
- Supporting ourselves and others impacted by suicide. What to say, what to do.