

Conversations About Suicide



At Lifeline Gippsland we are committed to raising awareness of mental health and suicide prevention. A community that is trained to recognise and respond to a person in crisis is the best safety net and builds resilient communities.

Course duration:
4 hours

Conversations About Suicide

Learn how to provide mental health first aid to someone who is feeling suicidal with the Conversations About Suicide course.

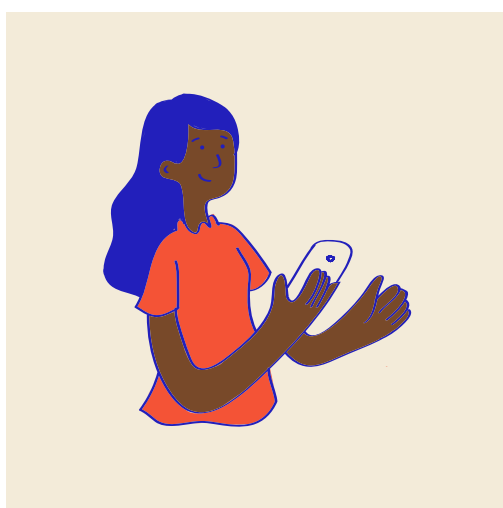
This course will teach you how to identify, approach and support someone who is experiencing suicidal thoughts and behaviours using a practical, evidence-based action plan. You will also have the opportunity to practice your new skills in a safe environment.

This course is based on guidelines developed through the expert consensus of professionals and people with lived experience of mental health problems.

Over the course of the 4-5 hour workshop, participants will learn:

- how to identify warning signs for suicide
- how to confidently support a person in crisis
- how to help the person stay safe
- how to connect someone to appropriate professional help

Note: This course is not a therapy or support group. This course is not recommended for individuals recently bereaved by suicide.



Lifeline Gippsland Training

Lifeline Gippsland is a not-for-profit charity. By choosing to do your training through Lifeline Gippsland, you are not only getting the very best Mental Health and Suicide Prevention training by the leading organisation in Mental Health, but you are also helping to support our 13 11 14 crisis line and saving lives.

Contact

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