

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:

1 hour

Mind your mates is...

About how to have a conversation with someone starting with R U OK?

We recognise that it can be hard to start a conversation with someone you are worried about. We can ask R U OK? but what do we say if the answer is “no”?

This training provides tips and resources to promote life changing conversations with your family, friends and colleagues, at home, your workplace, or in your community.

Learn simple tools to support those around you, and become confident in asking about suicidal thoughts and how to look after yourself while you support others.

Become confident in having a conversation that could save a life

The last few years have been challenging for everybody, and it is more important now than ever for us all to stay connected and to look out for each other.

Our Mind Your Mates training will give you the confidence to use simple tools to:

- start and keep the conversation going
- allow others to explore their thoughts and feelings
- Provide a space for new perspectives
- Notice the signs and learn to trust your gut when you feel someone may be thinking of suicide, as sometimes the signs won't be obvious

By listening, talking with another, and following up afterwards, those around you will feel heard, supported, connected, and hopeful.

Someone who is finding it tough is more likely to seek help if someone they care about suggests it



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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