



CORESTM
Community Owned Response to Eliminating Suicide

Suicide Prevention Training

Training Aim

This training is designed to provide individuals and communities with the essential skills and resources required to identify and respond to a person at risk of suicide and build on a communities capacity to eliminate suicide.

Learning Outcomes

On completion of this training participants will be able to:

- Use the language given in the National Communications Charter: Suicide Language Guide, to have safe and respectful conversations around suicide;
- Recognise the warning signs of suicide;
- Identify and develop personal self-care strategies;
- Promote help-seeking behaviour before a crisis occurs;
- Identify and promote protective factors;
- Identify how to support a person at risk to access appropriate services and to develop their own safety plan.

Contact Val Fewster for more information

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