Project Information

Livingworks Start Suicide Prevention Training

4 May, 2022

Did you know? You're far more likely to come across someone having thoughts of suicide than having a heart attack. Yet, less than 1% of Australians are trained in suicide first aid.

Currently, Western Victoria Primary Health Network and the Department of Health are offering FREE suicide prevention training for communities in the Great South Coast.

Livingworks Start is a FREE 90-minute online training program. It teaches how to recognise when someone is having thoughts of suicide and how to respond to keep them safe.

The training is recommended for everyone in the community aged 15+ including students, parents, teachers, business owners and employees, health care and council workers, retirees and volunteers - everyone.

Livingworks Start training helps to:
- Learn how to recognise when someone is having thoughts of suicide. Know how to respond and how to connect them with care.
- Learn techniques to connect through conversation. These new skills may help to keep family, friends, co-workers and others safe from suicide.

IT'S A LIFE SKILL - AND IT MAY HELP TO SAVE A LIFE.

With the training, participants will:
- Be more comfortable talking about suicide
- Be better equipped to keep a loved one safe in times of distress
- Feel armed to help and connect people in need to available services
- Support friends and co-workers

It is a great certification for all people in the workplace. Upon completion, participants receive the LivingWorks Start certification to add to their professional skill set.

ACCESS THE TRAINING

Visit **bit.ly/STARTtraining**

DID YOU KNOW?

Less than 1% of Australians are trained in suicide first aid.

YOU CAN HELP TO CHANGE THIS!

Learn what it means to be there.
Online training to learn how to recognise when someone is having thoughts of suicide. Know how to respond and how to connect them with care. FREE to anyone aged 15+ and living in the Great South Coast.

Online training to connect. | Take less than 90 minutes. | Know you're ready to help.

SUICIDE FIRST AID TRAINING AVAILABLE ONLINE NOW:
VISIT ➤ bit.ly/STARTtraining

This initiative has been developed from a partnership between Department of Health and Human Services, Western Victoria Primary Health Network, and Great South Coast Suicide Prevention Place Based Trial.

LIVINGWORKS START TRAINING

SOCIAL MEDIA GRAPHICS

DID YOU KNOW?
Less than 1% of Australians are trained in suicide first aid.
YOU CAN HELP CHANGE THIS

GREAT SOUTH COAST
Suicide Prevention
Place Based Trial

Learn what it means to be there.
Suicide first aid training is available online now

Learn what it takes to listen.
Suicide first aid training is available online now

Register now, it's free.
FREE to anyone aged 15+ and living in the Great South Coast. Register to begin your training in suicide first aid today.

GREAT SOUTH COAST Suicide Prevention Place Based Trial   phn WESTERN VICTORIA   LIVINGWORKS

This initiative has been developed from a partnership between Department of Health and Human Services, Western Victoria Primary Health Network, and Great South Coast Suicide Prevention Place Based Trial.

Online training to connect.
Learn how to recognise when someone is having thoughts of suicide. Know how to respond and how to connect them with care.

It Takes Less Than 90 Minutes.
Interactive, evidence-based training.
Learn techniques to connect through conversation.
Your new skills may help to keep family, friends, co-workers and others safe from suicide.

Have peace of mind knowing you're ready to help.
Proven to increase confidence in talking to someone about suicide and connecting them to care.
It's a life skill - and it may help you to save a life.

DID YOU KNOW?
You're more likely to meet someone having thoughts of suicide than someone having a heart attack.
WHAT CAN YOU DO TO BE READY?

Learn what it takes to listen.
Online training to learn how to recognise when someone is having thoughts of suicide. Know how to respond and how to connect them with care. FREE to anyone aged 15+ and living in the Great South Coast.

Online training to connect.   Take less than 90 minutes.   Know you're ready to help.

DID YOU KNOW?
Less than 1% of Australians are trained in suicide first aid.
YOU CAN HELP TO CHANGE THIS!

Learn what it means to be there.
Online training to learn how to recognise when someone is having thoughts of suicide. Know how to respond and how to connect them with care. FREE to anyone aged 15+ and living in the Great South Coast.

Online training to connect.   Take less than 90 minutes.   Know you're ready to help.

I have completed suicide first aid training.
Did you know that less than 1% of Australians are trained in suicide first aid?
I'M HELPING TO CHANGE THIS!
You can complete the training too! It's FREE if you live in the Great South Coast.
REGISTER HERE bit.ly/STARTtraining

WANT TO SHARE THE TRAINING WITH YOUR FRIENDS, COLLEAGUES & COMMUNITY?

ACCESS THE POSTERS AND SOCIAL MEDIA GRAPHICS HERE

MORE INFORMATION ON THE GSCSPPBT TRIAL

Visit **bit.ly/GSCSPPBTbackgrounders**

GREAT SOUTH COAST
Suicide Prevention
Place Based Trial

LIVINGWORKS
Start

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WESTERN VICTORIA
An Australian Government Initiative

Australian Government