

Project Information

Livingworks Start Suicide Prevention Training

4 May, 2022









REAT SOUTH COAST Suicide Prevention Place Based Trial

LIVINGWORKS START TRAINING

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

















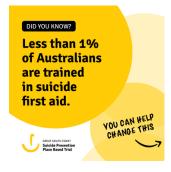






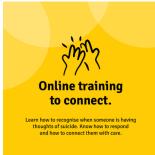
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SOCIAL MEDIA GRAPHICS





















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







