



GREAT SOUTH COAST  
**Suicide Prevention  
Place Based Trial**



## **MEDIA RELEASE**

For immediate release

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# **FREE SUICIDE FIRST AID TRAINING FOR VICTORIA'S GREAT SOUTH COAST REGION**

Free suicide first aid training is now available to all residents aged 15+ of Victoria's Great South Coast region.

The training is offered as part of the **Great South Coast Suicide Prevention Place Based Trial (GSCSPBT)**, a joint commitment between the Western Victoria Primary Health Network (WVPHN) and the Australian Government recognising the benefits of collaborative, community-based approaches to suicide prevention.

The 90 minute online training program delivered by **LivingWorks** teaches how to recognise when someone is having thoughts of suicide and how to respond to keep them safe.

The training was developed after it was found that it is more likely to come across someone having thoughts of suicide than experiencing a heart attack. Currently, less than 1% of Australians are trained in suicide first aid.

**Marc Bryant - Director of Suicide Prevention, LivingWorks Australia** says "Research shows that when a person is experiencing thoughts of suicide, their friends, family and colleagues are the touchpoints around them likely to recognise the signs. Learning suicide first aid skills enables members of the community to intervene, listen to their story, and look for safety connections for further support. We all have a role to play in suicide prevention, however we need to ensure we intervene using evidence-based, proven skills".

The training is recommended for everyone in the community aged 15+ including students, parents, teachers, business owners and employees - quite literally anyone who comes into contact with others.

The training is also a recognised certification for people in the workplace. Upon completion, participants receive the Livingworks Start certification to add to their professional skill set.

**Rowena Clift, Chief Executive Officer, WVPHN** said: "Over the last two years of the Great South Coast Suicide Prevention Place Based Trial, we have implemented several projects to offer collaborative, community-specific action to reduce rates of suicide in the region".

"All of the projects have highlighted the importance of community awareness and support, along with individual understanding of what to do when someone is having thoughts of suicide. I hope that everyone in the Great South Coast will take up the opportunity to do this free training. It's a life skill that may help save a life", said Clift.

**Access the LivingWorks Start training [here](#)**

**Download the LivingWorks Start campaign materials [here](#)**

**-ENDS-**



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**Available for interview:**

- Rowena Clift, Chief Executive Officer - Western Victoria PHN
- Cr Anita Rank, Chair - Great South Coast Suicide Prevention Place Based Trail Leadership Group and Mayor - Glenelg Shire Council

**FURTHER INFORMATION ON THE GREAT SOUTH COAST SUICIDE PREVENTION PLACE BASED TRIAL**

The Great South Coast Suicide Prevention Place Based Trial is an initiative aimed at delivering activities to reduce the suicide rate in the shires of Corangamite, Glenelg, Moyne and Southern Grampians and the City of Warrnambool.

Coordinated by Western Victoria Primary Health Network (WVPHN) in partnership with the Federal Government and a range of health care service providers, the trial offers a coordinated approach to reducing the suicide rate in the Great South Coast with a range of community network support activities.

**Rowena Clift Chief Executive Officer, WVPHN** said: “Many families across the Great South Coast are struggling to understand why their loved ones have taken their own lives. From teenagers to adults and both male and female; the suicide rate for Great South Coast is unacceptably high. We want to ensure that every single person who may be struggling with thoughts of suicide or has attempted suicide has support networks available to help them when and where they need it. These activities will help us achieve this by filling identified service gaps and giving the community the support it requires.”

Information on the all of the individual activities in the trial can be found here: <https://bit.ly/3xCi9LL>

**Media Contact:**

Sarah Pettiford, Passionfolk  
Email: [sarah@passionfolk.com](mailto:sarah@passionfolk.com)  
Phone: 0488 332 400