



Suicide Prevention Training: Reach Out and Connect

Neami LifeConnect provides suicide prevention training to increase the confidence and skills of participants to recognise and respond to the risk of suicide in their communities and workplaces.

Our team supports workforce and community groups to enhance their confidence in having conversations about mental health and suicide and build an awareness of where to find help and how to link people to support. Our content is based on the latest research in suicide prevention and informed by lived experience.

Suicide in Context (Part 1)

- An understanding of how common beliefs about suicide can affect our ability to recognise and support a person at risk
- An understanding of the prevalence and impact of suicide in Australia
- An understanding of why people suicide (including theory, research & lived experience perspective)
- Knowledge of the risk and protective factors related to suicide

The Suicide Conversation (Part 2)

- Skills to overcome the barriers that may prevent you from having difficult conversations
- Skills to promote connection and supportive communication
- Practical steps to start a conversation about suicide with someone who may be at risk
- Skills to assess the level of risk and support the person to seek help
- Knowledge about where to find support
- Self-care practices to support your own wellbeing

The Suicide Intervention (Part 3)

This is the latest offering from LifeConnect. This module is designed for the gatekeepers in our community who are likely to encounter people presenting at risk of suicide. In this module you will build on the trainings of parts 1 and 2 and focus on enhancing your communication skills when supporting a person in distress.

Delivery

These workshops are delivered as 3 x 2.5-hour workshops (across two different days when learning online). Our workshops are facilitated by our team of multi-disciplinary mental health professionals, including staff who have a lived experience of the impact of suicide.



LifeConnect is a Neami National service supported by the Victorian Government, and Australian Government under the PHN Program.



Neami acknowledges the Traditional Custodians of the land we work on and pays its respects to Elders past, present and emerging. Neami celebrates, values and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.