

LET'S TALK

SUICIDE IS THE LEADING CAUSE OF DEATH OF YOUNG AUSTRALIANS

Saturday 3 November
9:00am - 1:30pm
(break 30min for lunch)
Vikings Club, Erindale

No Cost to participants
Catering will be provided

**CLICK HERE
TO REGISTER FOR
THE TRAINING**
(places are limited)

The 'Let's Talk' Mental Health Project is providing **FREE training in Mental Health First Aid for the Suicidal Person** in the community. Vikings has identified that it is a priority for members to participate in this training.

This will equip members with the knowledge and confidence to start important conversations about mental health, and to support individuals to seek professional help where needed.

What is Mental Health First Aid for the Suicidal Person?

This 4 hour face to face course is based on expert consensus guidelines developed by Mental Health First Aid Australia. Curriculum content is evidence-based, with the input of mental health professionals, researchers and consumer advocates.

What will you learn?

- How to identify warning signs for suicide
- How to confidently support a person in crisis
- How to help the person stay safe
- How to connect someone to appropriate professional help

At the completion of the course you will be equipped with skills and knowledge to safely have a conversation with a suicidal person.

Please be aware that the content delivered in this training is sensitive, and is not recommended for individuals recently bereaved by suicide. This training is for adults aged 18 and over, and there are no prerequisites for this course.

For more information about the project and training, please contact Thomas Stevens, thomas@youthcoalition.net, or Erin Barry, erin@youthcoalition.net, or call (02) 6247 3540.



vikingsrugby.com.au



health.act.gov.au



youthcoalition.net



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