



Training the community to recognise and respond to suicidality

What do we know?

- People who are suicidal often communicate distress through their words or actions but these warning signs may be missed or misinterpreted.
- Training can help you to identify the signs that someone may be suicidal, question them about suicidal thoughts and persuade and refer them to professional care.
- By increasing the number of people trained in the community we can build a local safety net.
- The best way to reach a large number of people is via regular work place training.

- While many training programs promote mental health awareness, QPR ('Question Persuade Refer') has strong evidence for building skills to help with a suicidal crisis.

What is happening?

- Local employers are asked to provide QPR training to their staff. LifeSpan Champions can help promote this at their workplace.
- Offering QPR training free to the general public, and equipping those trained with referral information, resources, networks and support to maintain skills.

What can I do?

Organisations and employers

- Contact your local Primary Health Network (PHN) to organise training for your staff.
- Equip employees with up-to-date details of supports available to staff and procedures to support clients at risk.
- Complete the workforce organisational survey, and distribute the employee survey to your staff so we can track changes in local workforce capacity.

General community

- Attend information sessions.
- Ask your employer for training (tell them to contact their PHN for details).
- Undertake online training and encourage your colleagues to undertake training through the links at www.ruok.org.au or through your workplace.
- Fill in surveys so we know how well the training is working.
- Contact your PHN if you are interested in becoming a Champion and promoting training to community groups.
- Encourage your family, friends and peers to undertake training.
- Fill in surveys so we know how well the training is working.

Contact us: Call the LifeSpan team at (02) 9382 4530,
email us at suicideprevention@blackdog.org.au or visit our website at www.lifespanspan.org.au

To find out how you can support this initiative and help make a difference, please visit www.lifespanspan.org.au

