



14 November 2018

# Suicide prevention training for community - Whittlesea

This suicide prevention training has been developed by Wesley LifeForce to educate and empower local Australian communities. The training is being provided to support Eastern Melbourne PHN's Place-Based Suicide Prevention trial in the City of Whittlesea.

Training is free and is open to community members aged 18 years and over. Priority will be given to people who live, work or study in the City of Whittlesea.

## Event overview

This workshop will provide participants with the skills to help recognise when a person may be having thoughts of suicide and to know the appropriate action to take.

The workshop will cover:

- risk and protective factors
- identifying the warning signs that someone may be at risk of suicide
- how to ask directly about suicide intent
- local and national support and resources that are available to support a person at risk.

Participants will receive a certificate of attendance as well as support materials.

Simple effective interventions can make a real difference and can save lives.

## Registration

"Register now" or via <https://bit.ly/2OC6E0K>

If after registering you find that you are unable to attend, please cancel your registration through Eventbrite or by contacting [events@emphn.org.au](mailto:events@emphn.org.au) or 9046 0300 so your place can be allocated to someone on the waiting list.

Wesley LifeForce is not a counselling service. We encourage you to assess your level of resilience when undertaking this training and recommend that if you are currently distressed or have been recently bereaved by suicide, to delay participating until those experiences have settled.

*Wesley LifeForce gratefully acknowledges the funding provided by the Australian Government.*

## Event Details

Date:	Wednesday 14 November 2018
Venue:	Uni Hill Conference Centre 30 Graduate Road, Bundoora
Time:	<b>8.45am</b> registration <b>9.00am - 4.00pm</b> training
Parking:	Free onsite parking
RSVP:	Wednesday 7 November 2018

[Register now](#)

Enquiries: Josie Terron 9046 0300 or [events@emphn.org.au](mailto:events@emphn.org.au)

For more information about the trials, visit [www.emphn.org.au/suicide-prevention](http://www.emphn.org.au/suicide-prevention)

If this information has raised concerns for you, we encourage you to seek support by contacting **Lifeline 13 11 14, Suicide Call Back Service 1300 659 467 or SuicideLine (Victoria) 1300 651 251.** Always call 000 in an emergency.

