

Conversations About Suicide

The Mental Health First Aid Conversations About Suicide course will teach you how to identify, approach and support someone who is experiencing suicidal thoughts and behaviours using a practical, evidence based Action Plan.

You will also have the opportunity to practise your new skills in a safe environment.

» Key Learning Outcomes:

- 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.

» Who can attend this course?

- Any adult can attend

» Why Attend?

- Evaluations consistently show that MHFA training is associated with improved knowledge of mental illnesses, their treatments and appropriate first aid strategies, and confidence in providing first aid to individuals with mental illness. It is also associated with decreased stigma and an increase in help provided.

» Delivery Methods



Face to Face

- 5 hour workshop

Contact Us

0422 376 996

hello@mindseyetraining.com.au

www.mindseyetraining.com.au