

# LifeConnect

## Suicide Prevention: Reach Out and Connect

By request workshops for workplaces/community groups

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 the workforce and community groups to enhance their confidence in having conversations about mental health and suicide and building 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.



### Delivery:

These workshops are delivered as 3 x 3-hour workshops (across three different days when learning online). Our workshops are facilitated by our Community Rehabilitation Support and Lived Experience workers, who have diverse mental health backgrounds and experiences of the impact of suicide.

### Suicide in Context (Part 1)

- An understanding of shame, stigma and prejudice can affect our ability to recognise and support a person at risk
- Myths about suicide and how they can influence our responses
- An understanding of the prevalence and impact of suicide in Australia, including demographic-specific data
- An understanding of why people suicide (including theory, research & lived experience perspectives)
- 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) \*Parts 1 and 2 must be completed prior to Part 3\*

- Increase confidence in preventing suicide, particularly where there is identified risk
- Gain an understanding of the steps involved in responding to suicide risk
- Learn practical listening skills that facilitate conversations and promote connection
- Identify areas of support for clients and understand safety planning tools
- Reinforce the importance of self-care and areas of support for workers

We are happy to discuss your groups specific learning needs and content can be tailored to specific audiences and needs of participants. To enquire about our training or book in a training session for a group, please contact us on 1300052059 or email us at [lifecconnect@neaminational.org.au](mailto:lifecconnect@neaminational.org.au). Our training is provided at no cost.

All sessions are free and available to people living or working in the following LGA's  
Banyule, Boroondara, Knox, Nillumbik, Manningham, Maroondah, Mitchell (partial), Monash, Murrindindi (partial), Whitehorse, Whittlesea, Yarra Ranges