



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 by 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 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 Suicide Prevention Central Coast 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 QPR online training. Tell them to contact Suicide Prevention Central Coast for details.
- Undertake online training and encourage your colleagues to undertake QPR training through the links at www.ruok.org.au or through your workplace.
- Contact Suicide Prevention Central Coast if you are interested in becoming a Champion and promoting training to community groups.
- Encourage your family, friends and peers to undertake QPR online training.
- Fill in surveys so we know how well the training is working.

To find out how to make a difference, please contact us at: info@suicidepreventioncentralcoast.org.au