

# SUICIDE AFFECTS EVERYONE

More than **2x** as many  
Australians die by suicide  
than die in car accidents

**ROAD DEATHS\***

**1225**

**SUICIDE DEATHS\***

**3128**

\* Source - Australian Bureau of Statistics



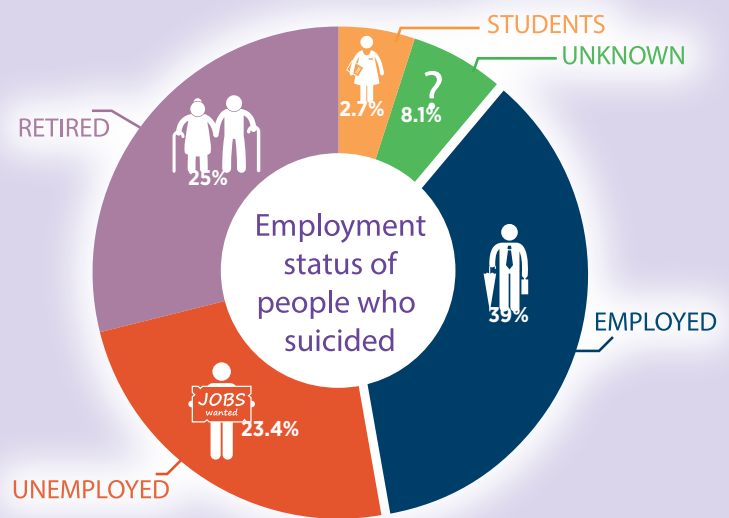
## PROTECT YOUR WORKFORCE

Your staff are well placed to notice when their colleagues are not coping, but would they know what to do?

Give your staff skills to recognise when someone is struggling and confidence to help.

There are a number of evidence-based suicide prevention trainings available, ranging from 1 hour to 2 days in length.

## Central Coast Specific Audit Data



\* Source - Black Dog Institute

Question, Persuade, Refer (QPR) is an online, evidence-based suicide prevention training which will fit easily into a workplace training schedule and is a way to fulfil workplace responsibility to protect staff.

**QUESTION.  
PERSUADE.  
REFER.  
(QPR)**

ONLY TAKES



**60 MINUTES**

LICENSES REMAIN  
ACTIVE FOR



**3 YEARS**

**FREE**

## TRAINING ROLLOUT MADE EASY

LifeSpan Central Coast can provide your organisation with support and resources to help rollout the suicide prevention training which meets your needs.

**Phone: 4320 9408 Email: [CCLHD-lifespan@health.nsw.gov.au](mailto:CCLHD-lifespan@health.nsw.gov.au)**

**[www.suicidepreventioncentralcoast.org.au](http://www.suicidepreventioncentralcoast.org.au)**



Health  
Central Coast  
Local Health District

