



Calm Care Suicide Safety & Awareness Workshop

Duration: 3.5 hours half-day (face-to-face where available).

Often, there are subtle signs that someone is struggling with life, and when these feelings become unbearable, they may start thinking suicide is their only option.

This 3.5-hour CALM Care program teaches you how to be suicide aware and recognise when someone may be thinking about ending their life.

Delivered virtually (in person where possible), this course will help you recognise the subtle warning signs often missed or overlooked, how to approach them, make a connection, and know what to say. Above all, it will equip you to confidently put your hand up when someone shows signs they are in crisis.

What you will learn

- How to approach the person and make a connection
- How to determine if suicide is in their thoughts
- What to do about it to ensure the person's safety is addressed and they are protected from suicide.
- How to use the 'CALM Care' app so that support is ongoing for the person as they work through their pain and distress

What you will receive

- A 16-page booklet packed with information and examples of helpful responses and practical questions to ask at any stage of the conversation.
- Your workbook lists all relevant National helplines and websites in Australia.
- Access to the CALM Care app will provide the person you are supporting with a tool they can use whenever they feel vulnerable to connect with their support and provide automated messaging when they are in crisis.
- A printed certificate of attendance.
- Access to materials on the website to further your learning and development.
- Presented by a fully accredited and qualified CALM Care trainer.

This evidence-informed program is based on the latest research and is focused on providing life-saving connections for someone when they are most vulnerable.

Learning outcomes

- Recognise the impact of suicide and distinguish between myths and facts.
- Debate identifying risk factors, warning signs, and protective factors versus identifying life stressors in suicide prevention and review recent research.
- Practice how to ask about suicide and discuss overcoming the stigma associated with the concept of suicide.
- Develop a warm referral technique and strategies to ensure professional and community support networks.
- Recognise the difference between burnout, compassion fatigue, vicarious trauma and moral injury and formulate a self-care plan.

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Suicide is never the only option. Join us in being a part of Australia's suicide prevention solution.