

Be suicide aware with CALM care

1/2 Day Workshop for everyone

Learn the simple steps of checking in
with someone who might not be doing
so well and need your help.
A conversation can save a life.



Suicide is preventable...

Oftentimes there are subtle signs that someone is struggling with life and when these feelings become unbearable, they may start thinking that suicide is their only option. This half-day CALM C-A-R-E program teaches you how to be suicide aware and recognise when someone may be thinking about ending their life. This workshop will help you recognise the subtle warning signs that are 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 is signalling the need care. This is an evidence and lived experience informed program.

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.
- ✓ You will be given access to the 'Calm Care' app which will provide the person you are supporting with a tool they can use at anytime they are feeling vulnerable to connect to their supports, and provide automated messaging when they are in crisis.
- ✓ You will be given a printed certificate of attendance that you can proudly put on display.
- ✓ You will have access to materials on the website to further your learnings and development
- ✓ This is an evidence-informed program that is based on the very latest research and is focussed on providing life-saving connections for someone when they are feeling their most vulnerable.

Attend a CALM C-A-R-E in Monto

When:

Saturday 4 April 2020 10am – 1pm

Where:

Monto Town Hall

Cost:

Free (normally \$150pp) Kindly sponsored by Central QLD, Wide Bay, Sunshine Coast PHN

Contact Details:

Central Queensland Rural Health on 4992 1040

Register or [online](mailto:admin@cqrdgp.com.au) at admin@cqrdgp.com.au