

Suicide Awareness and Training Opportunities

Developing an understanding about suicide, challenging its myths and misconceptions and becoming comfortable engaging in a conversation about suicide are all integral for suicide prevention. Individuals may encounter a person at risk in a variety of settings – friends, family members, coworkers or clients could open up about their feelings and thoughts of suicide. Being aware and prepared will enable you to successfully support an individual and prevent a suicide.

CARE (Community Awareness Resources Education)



This program is designed to assist individuals to develop an overall understanding, awareness and comfort in addressing the topic of suicide. CARE is **not** designed to train individuals to undertake formal suicide intervention. The program can be delivered in 30 to 90 minutes and is suitable for classroom, service club and staff meeting situations. Contact Achieve Mental Health

Wellness & Recovery Centre at 519-428-0580 x 5 for more information or to book a presentation. There is no cost for this presentation.



Various training opportunities are available under the auspices of Living Works – within Haldimand and Norfolk there are trainers available to deliver Living Works programs. To access these training opportunities

contact Achieve Mental Health Wellness & Recovery Centre at 519-428-0580 x 5.



Organized around the question, "Should we talk about suicide?" it provides a structure in which session members can safely explore some of the most challenging attitudinal issues about suicide, and encourages every member to find a part that they can play in preventing suicide. There is a fee for this presentation.



safeTALK, is a training that prepares anyone to identify persons with thoughts of suicide and connect them to suicide first aid resources. As a safeTALK-trained suicide alert helper, you will be better able to: move beyond common tendencies to miss, dismiss or avoid suicide; identify people who have thoughts of suicide; apply the TALK steps (Tell, Ask, **Listen and KeepSafe**) to connect a person with suicide thoughts to suicide intervention caregivers. A safeTalk presentation is 3 hours in length. There is a fee for this presentation.



The ASIST (Applied Suicide Intervention Skills Training) workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. Over one million caregivers have participated in this two-day, highly interactive, practical, practice-oriented workshop. There is a fee for this training.