



# CONVERSATIONS ABOUT SUICIDE



MENTAL HEALTH  
FIRST AID®  
Australia

Licensed Instructor



The Conversations About Suicide course will teach you how to identify, approach and support someone who is experiencing suicidal thoughts and behaviours using a practical, evidence based

Action Plan. You will also have the opportunity to practise your new skills in a safe environment.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals.

Note: This course is not a therapy or a support group. This course is not recommended for individuals recently bereaved by suicide..

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**Duration:** 4-5 hours

**Delivery mode:** In class training

## Entry Requirements

Participants are required to have a reasonable level of verbal and written skills.

## Prerequisites

There are no prerequisite for this workshop.

## Workshop Content

- How to identify warning signs for suicide
- How to confidently support a person in crisis
- How to help the person stay safe
- How to connect someone to appropriate professional help.

## Award Issued

A certificate of attendance will be awarded.

No statement of attainment is issued for this Training.

On successful completion of the post-training assessment, certification is issued as a **Mental Health First Aider**.

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