

Wesley LifeForce Suicide Prevention Workshops

Who should attend:

During the last 12 months LifeForce has trained over 1,600 people.

These people have included:

Community members, teachers, ministers, youth workers, social workers, counsellors, doctors, psychologists, parents, sports coaches, emergency workers, concerned friends, bar tenders, corporate managers, financial counselors, concerned friends and many more.

Educating:

Knowledge with practical strategies:

- Knowledge to help identify people at risk and in crisis;
- Skills in how to approach a person who is experiencing thoughts of suicide;
- How to develop active listening skills;
- Learn about intervention strategies in your community.

Resourcing:

Aims of the workshop:

- Learn basic SALT strategy (See Ask Listen Talk) - useful in detecting warning signs, listening and taking appropriate action;
- Identification of resources in your local community.

Empowering:

Enhanced confidence in managing crisis situations.

Australia has one of the highest suicide rates in the world. Every day we have an average of 5 completed suicides and 150 attempted suicides.

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Australian Government

Department of Health and Ageing

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Wesley Mission is a part of the Uniting Church in Australia.

Wesley LifeForce Suicide Prevention Workshops

Working together with communities

- Educating
- Empowering
- Resourcing



FREE Community
Workshops