



Calm conversations can save lives



Be suicide aware with CALM care

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.

Oftentimes there are subtle signs that someone is struggling with life, their feelings become unbearable, and they may start thinking suicide is their only option. This half-day (3.5hr) program teaches you how to be suicide aware and recognise when someone may be thinking of ending their life. You will learn how to recognise the subtle warning signs that are often missed or overlooked, how to approach them, and what to say. Above all it will equip you to confidently put your hand up when someone is signalling they need care. This is an evidence and lived-experience informed program.

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

You Will Receive



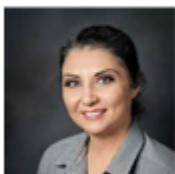
- ✓ A 16-page booklet packed with information and examples of helpful responses and practical questions to ask at any stage of the conversation.
- ✓ A list of all relevant National helplines and websites in Australia.
- ✓ Access to the 'Calm Care' app which provides the person you are supporting with a tool they can use when they are feeling vulnerable to connect to supports, and provide automated

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.

SMS messaging when they are in crisis.

- ✓ A printed certificate of attendance.
- ✓ Access to materials on the website to further your learning 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.



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