

Learn to keep someone safe from suicide



Our Programs, Your Choice

LIVINGWORKS ASIST

🕒 2 days in-person 👥 6-30 people per training

Through LivingWorks ASIST (Applied Suicide Intervention Skills Training), learn the skills to provide a suicide first-aid intervention, work with someone to develop a personalized safety plan to keep safe-for-now, and connect with further help. Learn a 6-task suicide first-aid model over two consecutive days, including extensive opportunities for skills practice through trainer-facilitated workgroups.

LIVINGWORKS I-ASIST

🕒 2.5 days in-person 👥 6-30 people per training

Building on the success of LivingWorks ASIST, I-ASIST was co-designed with Indigenous leadership and consultation. I-ASIST provides a culturally relevant framework for participants to learn how to use a unique 6-task model to provide a suicide first-aid intervention, work with someone to develop a personalised safety plan to keep safe-for-now, and connect with further help.

Prior to delivering training in a community, time is taken to hear and address any suicide-related or community issues.

LIVINGWORKS safeTALK

🕒 4 hours in-person 👥 6-30 people per training

Learn to reach out to someone thinking about suicide, overcome attitudes that act as barriers to help, talk openly about suicide, and connect them with further support. Learn the 4-step TALK model through face-to-face discussion, skills practice, and video examples.

LIVINGWORKS safeYARN

🕒 4 hours in-person 👥 6-30 people per training

Based on LivingWorks safeTALK, safeYARN provides a culturally relevant framework for identifying and reaching out to someone thinking about suicide, and helping them keep safe by promptly connecting them to further support. safeYARN focuses on culture and connection to Country and is delivered by Indigenous trainers.

LIVINGWORKS Start

🕒 90 minutes online 👤 Individual access, self-paced

Learn to read the signs of suicide, begin the conversation, and connect to further help through this interactive, online program. Can be taken by anyone 15+ years (or 13+ years with parental or carer guidance.)

LIVINGWORKS Faith

🕒 5-7 hours online 👤 Individual access, self-paced

Learn to blend faith resources with proven best practices in suicide prevention and care. LivingWorks Faith empowers Christian clergy and lay leaders to increase safety from suicide and minister to those who have experienced suicide loss. Includes LivingWorks Start.

For more information, visit www.livingworks.com.au
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