

## Talking About Suicide

This introductory session looks at common misunderstandings about suicide, signs to look out for, how to ask about suicide, and supports that can help. The workshop poses four questions to participants and offers information to help them arrive at their own answers:

- How common are suicide thoughts and behaviours?
- Should we talk about suicide?
- Can suicide be prevented?
- What can I do to help?

### Delivery

- 1.5 hour workshop
- Face-to-face or interactive virtual delivery

### Who can benefit from this course?

Anyone, this workshop is pitched at all levels and industries. It covers general things that anyone can know and learn about suicide.

### What does it cover?

- Myths and misunderstandings about suicide
- Prevalence of suicide in Australia
- Barriers to talking about suicide
- Suicide warning signs
- How to ask about suicide
- What to do next
- Connecting with further help and supports

No one needs to face their problems alone. Call **13 11 14** available **24/7**.

