

Be Ready, Willing and Able



Having **Conversations** *for life*® could save a life

Conversations for life® is a **half-day** suicide prevention workshop that's for everyone, and particularly those who are interested in keeping others safe and connected. It offers practical ways to reduce the risk of suicide before it becomes a crisis, and is part of **Lifeboat**®, an integrated suite of uniquely Australian suicide prevention training programs.

Conversations *for life*® will equip you to:

- Be ready, willing and able to have the conversation
- Plan for the conversation
- Apply **Conversations for life**® principles
- Use the correct language and approach
- Work together to achieve successful outcomes.

Conversations *for life*® will provide you with:

- Guidance from trained facilitators
- Prepared conversation planners
- Opportunity to practice your skills
- Information based on suicide prevention research
- Access to a web-based community for ongoing information, support and helpful resources.



In collaboration with the National Institute of Mental Health Research at the Australian National **University**