

MEDIA RELEASE



April 2018

Learn life-saving suicide first aid skills through Good SPACE

In as little as two days, anyone can learn life-saving intervention skills for people at risk of suicide and most importantly save a life.

The Good SPACE team is encouraging community members in the xxx to participate in a two-day workshop – Applied Suicide Intervention Skills Training (ASIST) and learn how to apply suicide first-aid to someone at risk.

The interactive workshops teaches participants how to intervene and help prevent the immediate risk of suicide.

Suicide Prevention Program Manager and Good SPACE Coordinator, Fiona Livingstone, said the ASIST workshop is based on a scientifically proven intervention model.

“We know the ASIST model works and if people learn these skills, we can reduce suicide in rural communities”.

“Participants have the opportunity to develop and practice these hands-on skills giving them the confidence to use them if required,” said Fiona.

“For example if a caregiver or a co-worker learns how to identify if someone is suicidal, they can work collaborately to help them stay safe. They are also far more likely to be able to have an honest, open conversation with the person at risk and prevent them from taking their life.”

The workshops are available to anyone 16 years or older and are suitable for health workers, service providers, carers of suicidal people and the general community.

To learn more about upcoming events and other workshops, visit www.crrmh.com.au or follow us on <https://www.facebook.com/crrmh.GoodSPACE/>

ABOUT Good SPACE (Suicide Prevention through Awareness Courage and Empathy)

Good SPACE is a Suicide Prevention Program that aims to prevent suicide through community and clinical education.

Good SPACE works in partnership with clinical and rural service providers and links individuals to services appropriate to their needs. The program provides evidence-based workshops that aim to provide general community, frontline workers and clinicians with the skills to identify a person at risk of suicide, and how to assist that person.

Good SPACE is funded by the Hunter New England Central Coast Primary Health Network, and is provided by the University of Newcastle’s Centre for Rural and Remote Mental Health.

About ASIST trainers



The trainers facilitating this course are both registered ASIST trainers through Living Works.

What others have said about the ASIST workshops

When asked about the workshop

"Yesterday was fantastic. Such great rewarding days. I want to learn more!!!"

When asked about the ASIST trainer Fiona Livingstone

Thank you for becoming my 'go to' person for references, knowledge and direction. I think we can have a great impact in Moree and the Council (as the largest single entity employer in this Shire)".

Debby Baxter-Tomkins (HR Manager, Moree Shire Council)

MEDIA CONTACT: Fiona Livingstone | Suicide Prevention Program Manager

T: 0427072105

E: fiona.livingstone@newcastle.edu.au

Locked Bag 6005 Orange NSW 2800



Website



Facebook



Twitter



YouTube



An Australian Government Initiative