



Training the community to recognise and respond to suicidality

LifeSpan Newcastle Business Strategy

What do we know?

- People who are suicidal often communicate distress through their words or actions but these warning signs may be missed or misinterpreted
- There are simple things we can all do to play a role in preventing suicide by learning the skills to have conversations with someone we are worried about
- Two suicide prevention programs have strong evidence for building skills to help with a suicidal crisis, Question, Persuade, Refer (QPR) and Applied Suicide Intervention Skills Training (ASIST)
- By increasing the number of people trained in the community we can build a local safety net.

About the training

- LifeSpan is an integrated, systems approach to suicide prevention, which aims to build a community safety net to help prevent suicide
- LifeSpan has been developed by the Black Dog Institute with a four-site trial funded by the Paul Ramsay Foundation. The LifeSpan trial in Newcastle is being coordinated locally by an alliance of agencies who are working together using the best evidence to prevent suicide
- On behalf of the Lifespan Newcastle Leadership Group, **Everymind** and Lifeline Hunter Central Coast are asking Newcastle businesses to commit to training 20% or more of their staff in evidence-based suicide prevention training to benefit their employees and the wider community.

How can I get involved?

- Sign up and enable your staff to participate in LifeSpan approved community training
- The discounted training options include a one-hour online course called QPR for \$10 per person, or a two-day ASIST workshop delivered by Lifeline Hunter Central Coast for a discounted rate of \$100 per person
- Become a **Community Partner** by purchasing at least 10 additional training spaces for community members
- Get in touch with the Lifespan Newcastle Team to find out other ways you and your organisation can get involved.

What does it involve?

Lifespan Newcastle Business Partner:

- Fund and train at least 20% of staff in QPR
- For organisations with more than 25 staff – at least one person to be trained in ASIST
- For organisations with more than 100 staff – at least two people trained in ASIST.

Lifespan Newcastle Business Champion:

- Fund and train at least 30% of staff in QPR
- Organisations to have one in 30 staff trained in ASIST.

What now?

Decide on the level of involvement you would like to commit to in your business and sign up online at:

www.everymind.org.au/lifespanbusiness

Our team will send through an information pack and assist you to get started. For further information call the LifeSpan Newcastle Team on 4924 6900.





What is QPR?

Question, Persuade, Refer (QPR) is a community capacity building program with strong evidence of being effective in increasing knowledge, understanding and confidence in talking about and responding to a person who may be suicidal.

Cost: \$10 per person

Duration: 60 minutes, online

Content summary

- Review of common myths and misconceptions about suicide
- Warning signs of suicide (direct verbal, indirect verbal, behavioural, situational)
- Tips on how to question, persuade and refer to support someone in crisis.

Intended outcomes

- Recognise someone at risk of suicide
- Intervene with those at risk
- Refer them to an appropriate individual
- Understand suicide as a national and local public health problem
- Understand the common myths and facts surrounding suicidal behaviour
- Describe community and national resources and how to access them.

What is ASIST?

Applied Suicide Intervention Skills Training (ASIST) is a suicide prevention training course delivered locally by Lifeline Hunter Central Coast. The aim is to train participants how to recognise when someone may be at risk of suicide and to help create a plan that will support immediate safety.

Cost: \$100 per person

Duration: two-days, face-to-face

Content summary

- Connecting - focus on the attitudes that participants have about suicide and toward helping someone considering or demonstrating suicidal behaviour
- Understanding - the concerns of a person at risk and the tasks the caregiver needs to do to address those concerns
- Assisting – introduction of the Suicide Intervention Model and opportunity to practice
- Networking – building understanding of local supports and resources.

Intended outcomes

- Recognise that caregivers and persons at risk are affected by personal and societal attitudes about suicide
- Discuss suicide with a person at risk in a direct manner
- Identify risk alerts and develop safety plans accordingly
- Demonstrate the skills required to intervene with a person at risk of suicide
- List the types of resources available to a person at risk of suicide, including themselves
- Make a commitment to improving community resources
- Recognise that suicide prevention is broader than suicide first aid and includes life promotion and self-care for caregivers.