



Suicide Intervention Training

Pick up the early warning signs, know what to say, what to do and where to go for help.

The training will provide participants with the essential skills to identify and respond to a person at risk of suicide, and:

- To recognise the early warning signs of suicide
- To learn how to support a person at risk to access ready available services
- To promote help-seeking behaviour before a crisis occurs
- Each participant will learn to identify their own self-care strategies.

Please note this is not a crisis service.

**Where: Upper Ross Community Centre
1/43 Allambie Ln, Rasmussen , 4815 TSV**

Cost: Free (Please bring your own lunch)

When: Saturday 21 May 2022

Time: 9:00 AM – 4:00 PM

Enquiries: adminqld@kentishrc.com.au

Phone: 0448 894 525

RSVP: <https://bit.ly/3xGvxhV>

“By the Community For The Community”

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