

the LifeKeeper series ...

‘LifeKeeper in Community’ // ‘LifeKeeper in the Workplace’

“LifeKeeper” is an informative and interactive workshop designed specifically to build the capacity and confidence of community members and/or workplace colleagues to respond to suicide. Equipped with the right knowledge, insights and practical tools, everyone has the opportunity to reduce the emotional pain experienced by many around us, and even save a life.

Community members, family, and work colleagues are often well placed to notice the sometimes very subtle invitations for help and to respond quickly. These workshops aim to empower people to play an active role in suicide prevention, and be the catalyst to developing a culture of understanding, help seeking and non judgmental support.

What makes these workshops different from other Gatekeeper training is that they present the insights and wisdom of people who have experienced suicide first hand. They share what works, what doesn't, and most importantly how best to support them.

Workshops are delivered by professional facilitators who also have a personal lived experience of suicide.

Duration of Program

3.5 hours

Who is this program for?

- Community members in general;
- People who have regular opportunities through their work to connect with people within their community - hairdressers, sports coaches, baristas, newsagents, pharmacy staff, taxi drivers etc
- Within a workplace - General staff; HR; Management

On completion of this program, you can expect to have:

- * attained a deeper understanding and appreciation of the complexity of suicide
- * increased awareness of warning signs and invitations for help
- * increased confidence & capacity to engage with people in crises
- * improved confidence to connect a person at risk of suicide with support
- * an appreciation of the importance of self care and practical tools to implement
- * “debunked” commonly held suicide myths with facts and lived experience
- * practical ways in which to support someone bereaved through suicide
- * knowledge on how best to support someone return to the workplace



Roses in the Ocean

stemming the tide of suicide

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