



## TOUCHPOINTS

We all have a role to play in suicide prevention.



### Join us for this FREE community TouchPoints workshop

Learn how to confidently recognise and respond to suicide.

On completion of this workshop, 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's return to the workplace

These interactive workshops are delivered by Roses in the Ocean trained lived experience facilitators. For more information contact Donna Boughton on 0437 961 137.



### Workshop details:

Tuesday, 20 July 2021  
9:30am - 1:30pm  
Adult Education Centre  
136 Bradley St  
Guyra NSW 2365

Thursday, 05 August 2021  
9:30am - 1:30pm  
Adult Education Centre  
136 Bradley St  
Guyra NSW 2365



### How do I register?

Register to attend this workshop at this [Registration Page](#) or by scanning the above QR code with your smart device camera.

### What do I need to bring?

You will be provided with a workbook and light refreshments on the day, so just bring a pen and an open mind.

This training is being offered as part of the key suicide prevention initiatives being implemented by HealthWISE and the NSW Ministry of Health as part of the NSW Strategic Framework for Suicide Prevention 2018-2023.

