

Suicide Prevention for Seniors Program



If you work with older people and would like to learn how to help prevent suicide, this program can provide the training you need. Run by Anglicare and funded by the NSW Government, the Suicide Prevention for Seniors Program consists of a two-pronged approach.



1. QPR online training

This online program will teach you about the common causes of suicidal behaviour, the warning signs and how to question, persuade and refer someone who may be suicidal. It's general in nature and will equip you with the knowledge you need to move on to the workshop.

Time invested: 1.5 – 2 hours

Cost

This program is free

Eligibility

This program is suited to aged care workers, retirement living staff, pharmacists, geriatricians, medical centre staff and anyone in NSW who works closely with older people.

2. Workshop

Here you will join a Zoom workshop with others who have completed the QPR online training and this is where we will contextualise the QPR suicide prevention training for seniors. You will learn facts about suicide in seniors, tips on how to communicate with seniors who are having thoughts of suicide and have an opportunity to discuss the course content and put your knowledge into action.

Time invested: 1 hour

Did you know?

Australian men aged over 85 have the highest rate of suicide yet are less likely to use specialty mental health services. That's where you come in.

If you are interested in taking part contact,

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