



# 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 and trainers.



## Workshop details:

Wednesday, 14 February 2024  
9:00am - 1:00pm  
**Upper Blue Mountains, NSW**

Thursday, 15 February 2024  
9:00am - 1:00pm  
**Lithgow, NSW**

Friday, 16 February 2024  
9:00am - 1:00pm  
**Lower Blue Mountains, NSW**

Saturday, 17 February 2024  
9:00am - 1:00pm  
**Hawkesbury, NSW**

Wednesday, 3 April 2024  
9:00am - 1:00pm  
**Blue Mountains, NSW**

Friday, 5 April 2024  
9:00am - 1:00pm  
**Blue Mountains, NSW**

Saturday, 6 April 2024  
9:00am - 1:00pm  
**Blue Mountains, NSW**



## 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 on the day, so just bring a pen and an open mind.

