



**FREE
ONLINE
TRAINING**

Every day eight Australians die by suicide.

Chances are you're in a position to help. Make sure you know what to do.

Free 1 hour online Suicide Prevention Training

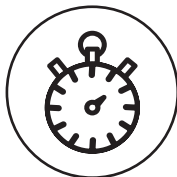
The Family Centre is offering free QPR Suicide Prevention Training as part of an initiative to help reduce the number of attempts and deaths by suicide in our community.

Participants will be provided with a local information kit (referral options, support groups & where to get extra help).

On completion of the on-line training, you will have an opportunity to participate in 'village hall' meetings where you can ask questions and get further information.

Key components covered in the training include:

- Common myths and misconceptions about suicide
- The warning signs of suicide
- How to ask the suicide question
- How to persuade someone to stay alive
- How to get help for someone in crisis



Only takes
60 minutes



Free



Licenses remain
active for 3 years



Certificate of
completion



Over 2.5m people
trained worldwide

TO ACCESS THE TRAINING GO TO:

<http://lifespan.qprtraining.com/setup.php> and enter the code **TBSP**.

For further information you can contact: hannat@thefamilycentre.org.au

Please note this is for people aged 18 years and older who live or work in the Tweed and Byron Shires. It's not recommended to take this training if you or someone you are close to (e.g. friend, family or community member) has recently been exposed to suicide.

If you or someone you know is in need of support, Lifeline is available 24/7 on 13 11 14



This initiative has been made possible by funding from North Coast Primary Health Network



**Black Dog
Institute**

Tweed Byron Suicide Prevention Strategy