



Zero Suicide Institute of Australasia
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Zero Suicide Healthcare Training

Training is an important component of the Zero Suicide Healthcare framework. For those who are suicidal, and enter the health service, interacting with staff who are caring, competent and confident to work with people experiencing suicidal behaviours can make a major difference to the decision to stay or leave that service.

Within the Zero Suicide Healthcare framework one activity designed to support health services implement the Zero Suicide approach is the workforce survey. Through this survey a health service will gain insights into the skills and experiences of their staff. It will also assist in the development of a training plan for all staff who work within the service to build their confidence, skills and competencies to work with people who are suicidal.

This directory has been developed in collaboration with [Life In Mind](#) to support the training of staff within healthcare systems providing care to those who may be experiencing suicidal behaviours.

Information has been supplied by the program owners. Training programs listed are accessed at the user's discretion and are not endorsed by Zero Suicide Institute of Australasia nor Life in Mind.

Should you have a training program that may be appropriate for listing in the directory please contact zsia@zerosuicide.com.au to apply to add the training to this resource.

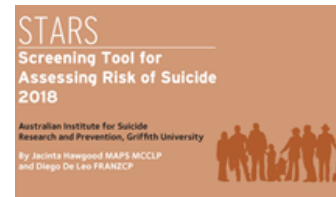
The programs in the directory are listed alphabetically by organisation

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Australian Institute for Suicide Research and Prevention (AISRAP)

Systematic Tailored Assessment for Responding to Suicidality protocol (STARS-p) Training

Tel: 07 3735 3394 | jacinta.hawgood@griffith.edu.au



Program Description

STARS-p is a person-centred, psychosocial needs-based semi-structured interview. It was developed to provide a therapeutic framework for collaborative enquiry between worker and client to gain insight into the client experience of suicidality – using client narratives and their priority needs and concerns. The ultimate goal is to understand these concerns and collaboratively identify ways to enhance client safety and care for the short to medium term.

The purpose of STARS-P is to:

- To enhance worker understanding of the client's story by enticing worker reflection on the key factors that the client perceives to be contributing towards their suicidal state and experience.
- To assist and guide workers on ways to collaboratively elicit key client reported concerns perceived to contribute to suicidality as well as those factors that buffer against experiences of distress.
- To provide workers with a guiding framework for collaborative interviewing that is informed both by empirically based risk and protective factor information, as well as lived experiences of suicide. Further, to guide workers on processes for collaborative safety planning and documentation in line with minimum standards of duty of care, around keeping the client safe.
- To enhance worker knowledge, confidence and skills around administration of STARS-p according to specific settings, contexts, and experiences of the client.

The training consists of 6 modules:

Module 1	Lived experience and worker attitudes (and fears)
Module 2	Essential concepts in suicide risk assessment
Module 3	Structure and application of STARS-p (structured professional judgement, collaborative and authentic enquiry processes, and philosophy of STARS-p)
Module 4	Documentation and duty of care (the notion of safety as opposed to risk mitigation)
Module 5	Safety planning (collaborative philosophy and review / rehearsal)
Module 6	Self care (and impacts on the worker).

**Skills based role plays are required for demonstration of competency and these are the main focus of the 1-day skills-based webinar following completion of the online training component.*

Administration of the STARS protocol requires licensed training and involves **12-15 hours of online learning and a 1-day online skills-based webinar workshop**. A 2-day face to face/in person workshop can also be arranged for organisations upon request.

The program cost includes usage of the STARS protocol for 12 months as well as all workbooks, handouts, articles and hard and electronic copies of the STARS protocol (a one-day refresher course is required for re-licensing purposes after 12 months). Please email Jacinta Hawgood at STARS@griffith.edu.au for more information.

Systematic Tailored Assessment for Responding to Suicidality protocol (STARS-p) Training (cont)

Tel: 07 3735 3394 | jacinta.hawgood@griffith.edu.au

ZSH element	Audience for training	Focus Area
Train	Allied Health (Counsellor, Social Worker, Psychologist, Occupational Therapist) and Community workers who engage with suicidal persons	Warning signs for suicide; Communicating with clients; Suicide risk formulation; Determining levels of care; Crisis response procedures; Collaborative safety planning; Suicide specific treatment; Family, carer, supports; Understanding and navigating ethical and legal considerations; Reducing access to lethal means
Identify		
Engage		
Course type	Cost	Location
Online/e-learning	Fee for service	National
Face to face		

1. Advanced Training in Suicide Prevention

Program Description

This workshop aims to increase health professionals' skill and confidence in taking a detailed suicide history and developing a collaborative management plan to increase the safety of people planning suicide. The workshop provides practical tools for health professionals managing the full spectrum of suicide risk presentations including the acute suicidal crisis, care after a suicide attempt and assisting families experiencing suicide bereavement

ZSH element	Audience for training	Focus Area
Identify; Engage	General Practitioners (including registrar), Allied Health Clinician (Counsellor, Social Worker, Psychologist, Occupational Therapist), Nursing (Registered Nurse, Enrolled Nurse).	Suicide prevention and awareness; Epidemiology and the latest research findings related to suicide; Identifying warning signs for suicide; Communicating with patients about suicide; Identifying risk factors for suicide; Suicide risk formulation practices; Determining appropriate levels of care for patients at risk for suicide; Managing suicidal patients; Collaborative safety planning for suicide; Suicide-specific treatment approaches; Aftercare and follow-up; Family, caregiver, and community supports; Understanding and navigating ethical and legal considerations; Bereavement after suicide

Course type	Cost	Location
Face to Face	Fee for service Minimal fee due to subsidised by other sources (grant based, by region)	National

2. Youth in Distress: Managing Suicidality and Self-harm

Tel: 02 9382 8515 | education@blackdog.org.au

The workshop has been designed to build on the current level of skills of school counselling staff, and to further develop confidence in undertaking risk assessments and safety planning for youth in distress.

In this highly interactive course, clinicians will have the opportunity to work on real case studies, reflect on their own experiences, and learn from peers. The program has been developed based on extensive consultation with school psychologists and counsellors to identify the issues and solutions for dealing with complex cases in the school setting. It is run by highly experienced clinicians with advanced group facilitation skills.

ZSH element	Audience for training	Focus Area
Identify; Engage	School Psychologists and School Counsellors	Suicide prevention and awareness; Epidemiology and the latest research findings related to suicide in youth; Identifying warning signs for suicide; Identifying risk factors for suicide; Undertake a suicide risk assessment effectively; Managing suicidal students; Collaborative safety planning for suicide; Aftercare and follow-up; Family, caregiver, and community supports; Understanding and navigating ethical and legal considerations in the school context; Self-care for the practitioner.
Course type	Cost	Location
Face to Face	Fee for service Minimal fee due to subsidised by other sources (grant based, by region)	National

Calm

Tel: 07 3077 6536 / 0407 955698 | melanie@keepcalm.org.au



CALM: Connect - Ask - Listen - Monitor

Program Description

“For people from all walks of life, CALM provides flexible and evidenced based training that empowers anyone with knowledge and practical skills to support someone experiencing suicidality – to reduce stigma, promote help seeking and save lives”. Utilising multi-modal delivery and varied resources including digital tools such as the “Be CALM”, “Be Safe” and “CALM Care” apps.

CALM (Connect - Ask - Listen - Monitor) is a comprehensive suicide intervention/prevention training program that addresses suicide ideation and behaviours from a conversational perspective, with the ultimate goal of allowing the person thinking about suicide to express their thoughts in a supportive and non-judgemental environment. This program equips and empowers participants to recognise and respond to suicide risk, to support someone through stages of positive intervention, the development of a safety plan, and linking to other services for further help. CALM was designed and is delivered using the theories and principles of motivational interviewing, recovery-oriented practice, trauma-informed practice and client-centred therapy.

ZSH element	Audience for training	Focus Area
Train Identify Transition	Allied Health Clinician (Counsellor, Social Worker, Psychologist, Occupational Therapist, GP's)	Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Managing suicidal patients; Collaborative safety planning for suicide; Aftercare and follow-up; Family, caregiver, and community supports.
Course type	Cost	Location
Face to Face	Fee for service	National

2. CALM care

Program Description

A 3.5 hour presentation that covers four key areas: *Connect, Ask, Refer, Exit* to build confidence, knowledge and skills that will enable participants to start a positive, and potentially life-saving conversation about suicide. This program equips and empowers participants to recognise and respond to suicide risk, and to have the skills to warm refer and so link to other services for interventions. Participants will be empowered with practical skills and resources and given the confidence to remain *calm*. Participants receive:

- Half day facilitated training by qualified facilitator;
- 16 page information booklet covering all learning materials;
- ‘CALM Care’ app for person being supported (immediate connection and contact);
- Web resources for further development and learning; and
- Completion certificate.

ZSH element	Audience for training	Focus Area
Train	Management (Administrators, Supervisors, Managers, Coordinators)	Suicide prevention and awareness
Identify	Allied Health Clinician	Identifying warning signs for suicide
Engage	Support and Outreach	Communicating with patients about suicide
	Case Management	Identifying risk factors for suicide
	Crisis Services	Collaborative safety planning for suicide
	Physician	Family, caregiver, and community supports
	Nursing (Registered Nurse, Enrolled Nurse)	Staff roles and responsibilities within the work environment
	Peer Support Worker)	

Course type	Cost	Location
Online self-paced;	Fee for service	National
Online live;		
Face-to-face		

Four programs:

1. Conversations for life
2. Stronger Smarter Yarns
3. Strengthened for Life
4. Chats for life

1. Conversations for Life

Program Description

Conversations for life® - Early Suicide Prevention (half day) Conversations for life® provides participants with the knowledge, skills and confidence to have conversations with others who are starting to show signs of distress and withdraw. This program provides participants with:

- an awareness of the prevalence of mental health and suicide in Australia
- an understanding of life events and social determinants that contribute to mental illness ‘
- protective behaviours
- the skills and knowledge to identify signs and debunk social myths
- tailored mental health conversation planning tools
- problem solving and communication strategies that focus on mental health and early suicide prevention, and
- list of suitable referrals, support options and resources at local and national levels.

Independent evaluations completed by ANU Centre for Mental Health Research

<https://www.connetica.com.au/home> demonstrate statistically significant increases in suicide prevention knowledge, skills and willingness to engage in conversations with people who are vulnerable and or experiencing a crisis.

Course type

Face to face Conversations for life -
4 hours

Cost

Fee for service

Location

National

ZSH element for all courses

Train

Audience for training for all courses

Management (Administrators,
Supervisors, Managers,
Coordinators)

Focus Area for all courses

Suicide prevention and awareness;
Identifying warning signs for suicide;
Identifying risk factors for suicide;
Communicating with patients about
suicide; Crisis response procedures
and de-escalation techniques;
Aftercare and follow-up; Policies and
procedures within the work
environment; Staff roles and
responsibilities within the work
environment

2. Stronger Smarter Yarns for life

Program Description

This early suicide prevention was developed with and for Aboriginal and Torres Strait Islander people and non-indigenous people. The program incorporates:

- the impact of colonisation and the unique factors contributing to Aboriginal and Torres Strait Islander peoples' thoughts of suicide and other detrimental behaviours .
- A strengths-based approach to community engagement, social support and suicide prevention
- an awareness of the prevalence of mental illness and suicide in Australia generally and for First Nations people
- the skills and knowledge to identify signs and debunk myths relating to suicide
- Practical suicide prevention yarn planning tools and tips to support yarns
- protective behaviours
- practice suicide prevention yarning techniques
- suitable national and local referral services, support options and resources
- The program can be delivered as a Train the Trainer or Participant Program
- Program content and delivery timeframes can be tailored to suit unique contexts and audience needs.
- Independent evaluations completed by ANU Centre for Mental Health Research <https://www.connetica.com.au/home> demonstrate statistically significant increases in suicide prevention knowledge, skills and willingness to engage in yarns with people who are vulnerable and or experiencing a crisis.
- The Centre of Best Practice in Aboriginal and Torres Strait Islander Suicide Prevention endorsed Stronger Smarter Yarns for life for its development method and alignment with best practice <https://www.cbpatisp.com.au/clearing-house/programs-services/programs-for-preventing-youth-suicide/#H11>

Course type	Cost	Location
Face to face – 1 days	Fee for service	National

3. Strengthened for life

Program Description

This imminent risk of suicide prevention training program addresses:

- Evidence underpinning suicidal behavioural patterns and precipitating factors
- Impact of personal values/beliefs/myths on suicide intervention
- Signs of persons at imminent risk
- Understanding how personal values, inappropriate language and stigma impact individuals requiring support and general community members
- Willingness to support people at imminent risk of suicide, and
- at risk individuals' willingness to seek support
- Protective behaviours
- Knowledge, skills and attitudes to facilitate active suicide intervention
- Detailed communication tips, strategies and tools to intervene
- Suitable referral, support, resources
- Self-care for individuals providing support
- The program can be delivered as a Train the Trainer or Participant Program
- The program content and delivery timeframes can be tailored to suit unique contexts and audience needs.
- Independent evaluations completed by ANU Centre for Mental Health Research <https://www.connetica.com.au/home> demonstrate statistically significant increases in suicide prevention knowledge, skills and willingness to engage in conversations with people who are at imminent risk of suicide.

Course type	Cost	Location
Face to face – 1 day	Fee for service	National

4. Chats for life

Program Description

This Chats for life APP which targets young people was developed in collaboration with the Qld Mental Health Commission, Engage Lab (University of the Sunshine Coast) and a university student reference group and ConNetica. The App addresses the:

- Prevalence of mental health and suicide in Australia
- Signs of at risk behaviours
- impact of life events and social determinants on suicide ideation for young people
- protective behaviours
- Communication strategies and tools to support chats with at risk people
- Suitable referral services, supports, resources.
- The App also incorporates conversation planning tips and videos and tools to record planned conversations and automatic diary scheduling of conversations.
- The App is freely available.

A 1.5 hour program can accompany the App and provide opportunity to practice the conversation skills.

Course type	Cost	Location
1.5 hours Face to face plus App, or Stand Alone Chats for life App	Fee for face to face service App is free	National

CORES

Tel: Tasmania: 03 6491 1552 | admin@kentishrc.com.au
Qld: 0427 455 313 | coresqld@kentishrc.com.au



CORES

Program Description

Community training which aims to educate communities in early suicide prevention through early suicide intervention training. Being able to recognise the warning signs & know what to say, what to do & where to go for help. Providing the link between people at risk, the service providers & the community.

ZSH element	Audience for training	Focus Area
Train	Support and Outreach (Outreach, Peer Support, Family Support)	<ul style="list-style-type: none">• Suicide prevention and awareness• Identifying warning signs for suicide• Identifying risk factors for suicide• Family, caregiver, and community supports
Course type	Cost	Location
Live face to face . Training delivered over 5-6 hours by two facilitators. The training has been designed to be easily understood. People do not need any special skills to complete the training. It is delivered in a non clinical manner & we clearly define people's roles	Mostly community funding, also some programs have government funding & some fee for service	NSW QLD TAS SA

4 Mental Health

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Conwy, LL32 8UB, United Kingdom

Tel: +44 (0)203 637 9191 | info@4mentalhealth.com



1. Connecting with People Training

Program Description

Connecting with People Training aims to offer a whole-organisation approach to improving responses to people at risk of suicide. Content reflects evidence-based principles, best practice: co-produced and peer-reviewed by people with lived experience, academics, practitioners and NGOs. We promote a shift from risk prediction (to allocate/exclude care) towards a compassionate, holistic, trauma-informed and collaborative approach.

We, prioritise safety and learning of delegates, emphasising self-care and safety planning for all. The content and facilitation/training styles, reduce unconscious barriers, tackle stigma and improve compassion whilst targeting competences (knowledge, skills, and confidence). The training is not diagnosis driven, therefore suitable for all audiences (not just specialists), so facilitates understanding and communication across sectors/care pathways.

Community and professional versions of selected modules increase applicability, credibility, and engagement to provide tailored competencies/skills for different levels of expertise/roles, whilst maintaining key principles: compassion, collaboration and governance. SAFETool Assessment and Safety planning supports clinicians and consumers by facilitating collaborative triage, assessment, risk mitigation, and safety planning.

Multiple formats available: face-to-face, remote webinar, smaller group direct-to-participant/ conference, online e-learning.

- Compassion at Work
- Emotional Resilience (adult/youth versions)
- Emotional Resilience for Professionals
- Community Suicide Awareness
- Suicide Awareness for Professionals
- Suicide Response Part1
- Suicide Response Part2
- Primary Care Suicide Awareness/Response
- Self-Harm Awareness
- Self-Harm Response.

Course type	Cost	Location
Online live Webinar	Fee for Service or	National
Face-to-face	No cost if funded by government	
Combination of face to face and live discussion	contract.	
Online/e-learning module.		

ZSH element	Audience for training	Focus Area
Lead	Management (Administrators, Supervisors, Managers, Coordinators)	Suicide prevention and awareness
Train	Business, Administrative, and Clerical (Accounting, Reception, Human Resources, Billing, Records, Information Technology)	Identifying warning signs for suicide
Identify	Facility Operations (Dietary, Housekeeping, Maintenance, Security, Transportation)	Communicating with patients about suicide
Engage	Allied Health Clinician (Counsellor, Social Worker, Psychologist, Occupational Therapist)	Suicide screening practices
Treat	Support and Outreach (Outreach, Peer Support, Family Support)	Identifying risk factors for suicide
Transition	Case Management	Suicide risk formulation practices
Improve	Crisis Services	Determining appropriate levels of care for patients at risk for suicide
	Physician	Crisis response procedures and de-escalation techniques
	Nursing (Registered Nurse, Enrolled Nurse)	Managing suicidal patients
	Psychiatry (Psychiatrist, Psychiatric Registrar)	Collaborative safety planning for suicide
	Peer Support Worker)	Suicide specific treatment approaches
		Aftercare and follow-up
		Family, caregiver, and community supports
		Procedures for communicating about potentially suicidal patients considerations
		Reducing access to lethal means outside the care environment
		Creating a safe physical environment for patients at risk for suicide

2. Connecting with People Module: Emotional Resilience

Focus Area

- Suitable for the public, including children over the age of 13, non-clinical health and social care practitioners, first responders, Govt and Public Service workers, educationalists, students, community groups and NGOs
- Enhances delegates' emotional literacy
- Challenges stigma around emotional distress and tackles barriers to help-seeking
- Uses 'watercourse analogy' to help delegates understand different levels of distress
- Shares effective self-help strategies suitable for different levels of distress
- Uses the 'sunflower analogy' to help delegates understand wellbeing and resilience
- Shares practical ways to develop and maintain emotional wellbeing and promotes the importance of this
- Equips delegates to have a greater emotional literacy and know how to enhance their resilience (not mental toughness)
- Equips delegates with positive ways to cope with stress or emotional distress, to develop a personal plan to build their wellbeing and know where to access further support if they ever need help in the future
- Equips the delegate with the knowledge of how to use StayingSafe.net to make their own Safety Plan environment for patients at risk for suicide

Course type	Cost	Location
Online live Webinar	No cost if funded through government contract	National
Face-to-face	Fee for service	
Combination of face to face and live discussion		
Online/e-learning module.		

Audience for training	ZSH element
Non-clinical Management (Administrators, Coordinators)	Lead
Business, Administrative, and Clerical (Accounting, Reception, Human Resources, Billing, Records, Information Technology)	Train
Facility Operations (Dietary, Housekeeping, Maintenance, Security, Transportation)	Engage
Allied Health Clinician (Counsellor, Social Worker, Occupational Therapist)	Treat
Support and Outreach (Outreach, Peer Support, Family Support)	Improve
Case Management	
Nursing (Enrolled Nurse)	
Peer Support Worker)	

3. Emotional Resilience for Professionals Module

Focus Area

Also suitable for 'non-professionals' as a follow on to the Emotional Resilience Module

- Know more about the importance of regularly investing in resilience and emotional wellbeing.
- Uses 'watercourse analogy' to help delegates understand different levels of distress and how to bolster resilience
- Know more about the importance of self-care and self-compassion.
- Have a deeper understanding of the term resilience and emotional wellbeing.
- Deepen understanding of the stress response curve.
- Mitigating against the effects of crisis.
- Making practical and effective changes to maximise wellbeing and resilience.
- Setting realistic goals.
- Design a Personal Plan to maximise wellbeing and resilience
- Safety planning using StayingSafe.net

Audience for training	ZSH element
Management (Supervisors, Managers,)	Lead
Human Resources	Train
Allied Health Clinician (Counsellor, Social Worker, Psychologist, Occupational Therapist)	Engage
Case Management	Improve
Crisis Services	
Physician	
Nursing (Registered Nurse, Enrolled Nurse)	
Psychiatry (Psychiatrist, Psychiatric Registrar)	
Peer Support Worker)	

Course type	Cost	Location
Online live Webinar	No cost if funded through government contract	National
Face-to-face		
Combination of face to face and live discussion	Fee for service	
Online/e-learning module.		

4. Community Suicide Awareness

Focus Area

- Suicide prevention and awareness
- Crisis response procedures and de-escalation techniques
- Collaborative safety planning for suicide
- Family, caregiver, and community supports
- Promotes a role for ALL in suicide prevention.
- Suitable for community, NGO and non-specialist health and social care professionals
- Develops understanding and compassion.
- Introduces concept that suicide is not inevitable and engages delegates that everyone can safely have a role
- Highlights importance of compassion, hope and interruption
- Develops common language between community, services and those in distress.
- Develops a compassionate approach for demanding and time-pressured environments.
- Equips delegates to use the resources provided to signpost to appropriate support.
- Equips the delegate with the knowledge of how make their own Safety Plan.

Audience for training	ZSH element
Management (Administrators, Supervisors, Managers, Coordinators)	Lead
Business, Administrative, and Clerical (Accounting, Reception, Human Resources, Billing, Records, Information Technology)	Train
Facility Operations (Dietary, Housekeeping, Maintenance, Security, Transportation)	Identify
Allied Health Clinician (Counsellor, Social Worker, Occupational Therapist)	Engage
Support and Outreach (Outreach, Peer Support, Family Support)	Treat
Case Management	Transition
Nursing (Enrolled Nurse)	Improve
Peer Support Worker	

Course type	Cost	Location
Online live Webinar	No cost if funded through government contract	National
Face-to-face	Fee for service	
Combination of face to face and live discussion		
Online/e-learning module.		

5. Suicide Awareness for Professionals Module

1. Suicide prevention and awareness
2. Crisis response procedures and de-escalation techniques
3. Collaborative safety planning for suicide
4. Family, caregiver, and community supports
5. Promotes a role for ALL in suicide prevention.
6. Concise 1.5hr delivery time for busy professionals with a role in health and social care or as a first responder.
7. Develops understanding and compassion.
8. Introduces concept that suicide is not inevitable – and highlights importance of ambivalence, compassion, hope and interruption
9. Develops common language between communities, services and those in distress.
10. Develops a compassionate approach for demanding and time-pressured environments.

11. Equips delegates to use the resources provided to signpost to appropriate support.
12. Equips the delegate with the knowledge of how make their own Safety Plan.

Audience for training

Social Worker, Psychologist, Occupational Therapist)
 Crisis Services
 Physician
 Nursing (Registered Nurse, Enrolled Nurse)
 Psychiatry (Psychiatrist, Psychiatric Registrar)

ZSH
 element
 Identify
 Engage
 Treat
 Transition

Course type

Online live Webinar
 Face-to-face
 Combination of face to face and
 live discussion
 Online/e-learning module.

Cost

No cost if funded through
 government contract
 Fee for service

Location

National

Four programs:

1. ASIST (Applied Suicide Intervention Skills Training)
2. SafeTALK
3. LivingWorks Start
4. Suicide to Hope

2. ASSIST (Applied Suicide Intervention Skills Training)

Program Description

ASIST is a 2-day interactive workshop in suicide first aid. Participants learn to recognise when someone may be thinking of suicide and respond in ways that help increase their immediate safety and link them to further help. ASIST aims to enhance a caregiver's abilities to help a person at risk avoid suicide. It is intended that ASIST participants will be better prepared to:

- reflect on how their attitudes and beliefs about suicide affect their intervention role
- discuss suicide with a person with thoughts of suicide in a direct manner
- build a collaborative approach to intervention focused on safe outcomes
- review immediate suicide risk and develop appropriate safeplans
- demonstrate skills required to intervene with a person at risk of suicide
- identify resources available to a person at risk of suicide
- make a commitment to improving community resources
- recognise that suicide prevention is broader than suicide first aid and includes life-promotion and self-care for caregivers.

ZSH element

Train

Audience for training

Support and Outreach (Outreach, Peer Support, Family Support)

Focus Area

Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Crisis response procedures and de-escalation techniques; Collaborative safety planning for suicide; Family, caregiver, and community supports

Course type

Two day face-to-face training, with two registered Livingworks trainers.

Cost

Fee for Service but also some funding through government contracts allow for free or subsidised costs

Location

national

3. SafeTALK

Program Description

SafeTALK is a half-day or full-day presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide safer community. It is intended that safeTALK participants will be better prepared to:

- recognise that invitations to help are often overlooked
- move beyond common tendencies to miss, dismiss and avoid suicide
- notice and respond to situations in which thoughts of suicide may be present
- apply basic TALK steps; Tell, Ask, Listen, and KeepSafe)
- Connect the person with thoughts of suicide to suicide

ZSH element	Audience for training	Focus Area
Train Transition	Support and Outreach (Outreach, Peer Support, Family Support)	Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Crisis response procedures and de-escalation techniques; Collaborative safety planning for suicide; Family, caregiver, and community supports
Course type	Cost	Location
Half day, face-to-face training with one registered LivingWorks trainer and a Community training program Resource Support person in attendance. SafeTALK can also be delivered as an extended full-day program.	Fee for Service but also some funding through government contracts allow for free or subsidised costs	National

4. LivingWorks START

Program Description

LivingWorks start is an interactive, online skills-building training program that teaches people suicide prevention skills. LivingWorks Start teaches people how to be aware of people thinking of suicide, how to ask directly about suicide, to state the seriousness of the situation and help connect them to help. It is not merely awareness raising, and it is not a flat traditional e-learning module (such as a PowerPoint presentation overlaid with audio commentary). The program is highly interactive and includes engaging audio-visual content, video-based and text/SMS-based practice scenarios. LivingWorks Start teaches life-saving suicide prevention skills in as little as one hour online. Dynamic, interactive content provides a high-impact learning experience. LivingWorks Start was developed with input from experts in suicide prevention, education, psychology, public health, social work, faith communities, and the military. Each LivingWorks Start user receives the same core information and skills training, with additional custom content depending on their background, location, and needs. Like all of LivingWorks' core programs, LivingWorks Start is evidence-based. Learnable in as little as one hour from any computer or mobile device, LivingWorks Start empowers everyone to play a role in saving lives from suicide

ZSH element	Audience for training	Focus Area
Train Transition	Support and Outreach (Outreach, Peer Support, Family Support)	Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Crisis response procedures and de-escalation techniques; Collaborative safety planning for suicide; Family, caregiver, and community supports
Course type	Cost	Location
Learnable in as little as one hour from any online live; face-to-face) and the duration of your computer or mobile device	Available online for \$20 per license with bulk purchase discounts available. www.livingworks.com.au	National

5. Suicide to Hope

Program Description

LivingWorks suicide to Hope is a one-day face-to-face workshop for professional helpers. It features powerful audiovisuals, discussions, and simulations. At LivingWorks suicide to Hope, you'll learn new counseling and support tools designed to help people with lingering thoughts of suicide. Modeled on recovery and growth techniques in post-traumatic stress counseling, these tools can integrate into any treatment approach. A skilled LivingWorks facilitator will guide you through the course

ZSH element	Audience for training	Focus Area
Train Transition	Support and Outreach (Outreach, Peer Support, Family Support)	Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Crisis response procedures and de-escalation techniques; Collaborative safety planning for suicide; Family, caregiver, and community supports
Course type	Cost	Location
One day face-to- face training with a LivingWorks trainer	Fee for Service but also some funding through government contracts allow for free or subsidised costs	National

Mental Health Coordinating Council

Tel: 02 9060 9646 | jenny@mhcc.org.au



Responding to the Risk of Suicide

Program Description

This 2 day course is for frontline mental health support workers, and community members who support someone at risk of suicide. We also encourage managers and team leaders to attend this course to enhance their understanding of practice issues and to support service outcomes.

- Reduce immediate risk of suicide and increase safety Identify risk and protective factors, warning signs and points of change and explore ambivalence
- Develop collaborative care plans
- Recognise the limits of the workers' role, when and how to refer to specialist assistance or facilitate links to further care
- Ensure information related to suicidality is communicated effectively in the workplace
- Stay healthy as a worker - ensure self-care and access to support services.

ZSH element

Train
Identify
Engage
Transition

Audience for training

Support and Outreach (Outreach,
Peer Support, Family Support)

Focus Area

Suicide prevention and awareness;
Identifying warning signs for suicide;
Communicating with patients about
suicide; Identifying risk factors for suicide;
Suicide risk formulation practices;
Determining appropriate levels of care for
patients at risk for suicide; Crisis response
procedures and de-escalation techniques;
Managing suicidal patients; Collaborative
safety planning for suicide; Aftercare and
follow-up; Procedures for communicating
about potentially suicidal patients;
Understanding and navigating ethical and
legal considerations; Policies and
procedures within the work environment;
Staff roles and responsibilities within the
work environment; Creating a safe
physical environment for patients at risk
for suicide

Course type

Face-to-face. 1 or 2 day course

Cost

Fee for service

Location

National

Mental Health First Aid Australia



Tel: 03 9079 0200 | mhfa@mhfa.com.au

Mental Health First Aid

Program Description

Mental Health First Aid (MHFA) training increases the knowledge and skills of adults (non-clinicians) to identify the signs and symptoms of common and disabling mental health problems in other adults. Course participants learn how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide mental health first aid in a crisis situation. All of our core MHFA courses include a course component on suicide as part of the course curriculum.

Mental Health First Aid Australia also offer a 4-hour specialised course 'Conversations About Suicide'. At the completion of this specialised course, participants are equipped with the skills and knowledge to safely have a conversation with a suicidal person. The course teaches participants how to:

- Identify warning signs for suicide
- Have a conversation with someone experiencing suicidal thoughts and behaviours
- Confidently support a person in crisis

ZSH element

Train

Audience for training

Management (Administrators, Supervisors, Managers, Coordinators)

Focus Area

Suicide prevention and awareness
Identifying warning signs for suicide
Crisis response procedures and de-escalation techniques

Course type

Mental Health First Aid core adult courses are available nationally as:

- Face-to-face - (2 days)
- Blended Online - (7 hours eLearning and 2 x 2.5 hour Instructor-led sessions via video conferencing).

Mental Health First Aid Australia's specialised 4-hour 'Conversations about Suicide' course is available as a face-to-face course only

Cost

Fee for service

Location

National

Two programs:

1. QC2: Engage, Assess, Respond to, and Support Suicidal People (EARS)
2. QC28: Youth - Engage, Assess, Respond to, and Support Suicidal People (YEARS)

1. Engage, Assess, Respond to and Support Suicidal People

Program Description

EARS has been designed to develop core clinical competencies and practices that align with the training element of the Zero Suicide framework and is currently being rolled out across 12 Zero Suicide sites across Queensland. Designed in collaboration with the Gold Coast Hospital and Health service, EARS explores suicide risk across the lifespan and represents a philosophical shift in the treatment of suicidality within Mental Health and Alcohol and Other Drug services. This includes a shift away from a focus on prediction, towards a framework for prevention and a shift away from clinician orientated treatment of illness, towards a collaborative process of engagement and care planning that conceptualises suicide as a behaviour that requires specific targeted intervention.

The learning outcomes for the course are:

- understand basic epidemiology of suicide
- recognise the impact of personal values and attitudes about suicide on clinical practice and service systems
- apply skills to build a therapeutic alliance with a person who is suicidal and their family and consider systemic factors impacting on suicidal people and their care
- identify warning signs of suicide and identify static, dynamic, protective and future risk factors
- apply the Chronological Assessment of Suicide Events (CASE) framework to assess a consumer's suicidal ideation, planning, behaviours, desire and intent
- apply the Integrated Motivational Volitional model of suicidal behaviour to assessment, safety and care planning practice
- write a prevention orientated-risk formulation
- develop collaborative safety plan and care plan for suicidality..

ZSH element

Train
Identify
Engage

Audience for training

Mental Health and Alcohol and other drug service providers, including: Nursing (Registered Nurse, Enrolled Nurse), Allied Health and Social Work. Non-clinical workers are also eligible to attend

Focus Area

Identifying warning signs for suicide;
Communicating with patients about suicide;
Suicide screening practices; Identifying risk factors for suicide; Suicide risk formulation practices; Managing suicidal patients; Collaborative safety planning for suicide; Family, caregiver, and community supports; Understanding and navigating ethical and legal considerations; Reducing access to lethal means outside the care environment

Course type	Cost	Location
This course is a blended design that requires learner to complete four modules of self-paced eLearning (approx. 2hrs) prior to attendance at a one-day face-to-face workshop. Workshops are currently scheduled in Queensland but can be made available nationally on request.	Free for Queensland Health Mental Health service staff. Minimal fee charged for other learners (\$250)	Queensland Made available nationally by arrangement

2. Youth Engage, Assess, Respond to and Support Suicidal People

Program Description

YEARS is a youth adaption of the EARS

framework that been designed to develop core clinical competencies and practices that align with the training element of the Zero Suicide framework.

YEARS explores youth specific issues in the assessment and management of suicide risk, including specific developmental and systemic factors impacting treatment of young people. The course has been extensively rolled out throughout Children's Health Queensland (CHQ) as part of the Gen Z project. Gen Z is a co-designed youth specific adaptation of the Zero Suicide framework being implemented by CHQ and has been recently been updated with learning from the initial roll out and contains resources that have been co-designed by the Gen Z team at CHQ to support safety planning and parent education.

The learning outcomes for the course are:

- Understand basic epidemiology of youth suicide.
- Recognise the impact of personal values and attitudes about suicide on clinical practice and service systems.
- Apply skills to build a therapeutic alliance with a young person who is suicidal and their family and consider systemic factors impacting on suicidal young people and their care.
- Identify warning signs of suicide and identify static, dynamic, protective and future risk factors.
- Apply the Chronological Assessment of Suicide Events (CASE) framework to assess a young person's suicidal ideation, planning, behaviours, desire and intent.
- Apply the Integrated Motivational Volitional model of suicidal behaviour to assessment, safety and care planning.
- Write a prevention orientated-risk formulation.
- Develop a collaborative safety plan and person-centred care plan for suicidality

ZSH element	Audience for training	Focus Area
Train Transition	Support and Outreach (Outreach, Peer Support, Family Support)	Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Suicide risk formulation practices; Managing suicidal patients; Collaborative safety planning for suicide; Family, caregiver, and community supports; Understanding and navigating ethical and legal considerations; Reducing access to lethal means outside the care environment

Course type	Cost	Location
This course is a blended design that requires learner to complete four modules of self-paced eLearning (approx. 2hrs) prior to attendance at a one-day face-to-face workshop..	Free for Queensland Health Mental Health service staff. Minimal fee charged for other learners (\$250)	National

Safeside Prevention

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mail@safesideprevention.com



Four programs:

1. SafeSide Framework for Recovery-Oriented Suicide Prevention
2. SafeSide - Youth Services
3. SafeSide Primary CARE

1. SafeSide Framework for Recovery-Oriented Suicide Prevention

Program Description

The SafeSide Framework provides leaders, clinicians, and peers a map of best practices in Zero Suicide Healthcare—a common language and framework to guide service design, communication, and care delivery. Covering all the care elements of Zero Suicide (identify, engage, treat, and transition), the Framework will organize your thinking and communication with colleagues and the people you serve, and help you document your actions and decisions. Evidence-informed, person-centred, and practical—we go beyond merely keeping people safe to support for full recovery and empowerment.

Co-taught by psychologist Dr. Tony Pisani (author of prevention-oriented risk formulation) and a suicide attempt survivor, Kristina Mossgraber, the framework comes to life in video-based teaching from these two perspectives and skill demonstrations by doctors, nurses, therapists, and support workers.

Without travel or hassle, teams work together through 3 hours of video-guided learning—all at once or in briefer segments. Clinicians who formulate risk complete an additional hour of specialized learning (Pisani et al 2016). All staff take away tactics, tips, and wording they can use immediately...AND continue learning and contributing through optional monthly video calls and new modules added throughout the year. New staff and trainees onboard with Zero Suicide attitudes, skills, and mission as soon as they start.

ZSH element	Audience for training	Cost	Location
Train Identify Engage Treat Transition	Allied Health Clinician; Support and Outreach (Outreach, Peer Support, Family Support); Case Management; Crisis Services; Physician; Psychiatry; Peer Support Worker	Fee for Service	National

Focus Area

Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Suicide risk formulation practices; Determining appropriate levels of care for patients at risk for suicide; Crisis response procedures and de-escalation techniques; Managing suicidal patients; Collaborative safety planning for suicide; Suicide specific treatment approaches; Aftercare and follow-up; Family, caregiver, and community supports; Procedures for communicating about potentially suicidal patients; Understanding and navigating ethical and legal considerations; Policies and procedures within the work environment; Staff roles and responsibilities within the work environment; Reducing access to lethal means outside the care environment

Course type

More than a "training," SafeSide offers a workforce education programme. InPlace® Learning provides states, health districts, and NGOs a sustainable approach for uniting and engaging your workforce in Zero Suicide (<https://www.youtube.com/watch?v=p-Cb8I3Jr2c&t=14s>).

Video-Guided Group Learning (3-4 hours). Clinical expert Dr. Tony Pisani and lived experience faculty Kristina Mossgraber teach video-based modules with compelling video demonstrations. Staff view video modules together and then discuss and practice how to apply the framework and skills.

Web-based Office Hours (30 minutes per month). Participants can join Dr. Pisani, Ms Mossgraber, and the SafeSide team on regularly scheduled web-based video conferences. Office hours participants can share and hear experiences of peers to problem solve or give feedback.

Updates and Refreshers (at least four 2-8 min modules each year). SafeSide updates instruction regularly in response to evolving practices in Zero Suicide and evaluation feedback. Staff stay current and engaged with quick refreshers and self-paced microlearning delivered online throughout the year, so Zero Suicide stays 'top of mind' instead of 'one and done.'

Remote delivery during social distancing. SafeSide Prevention is a technology-forward learning organisation. All programmes can be delivered to remote workers without sacrificing interactivity.

Video-guided group learning typically takes place on-site in small groups but, groups can meet online to work through the curriculum. Monthly office hours are webinar-style video conferences that invite staff to connect from wherever they are to ask questions and interact with the SafeSide team and community. Updates and refreshers are brief (2-8 min) self-paced microlearning modules delivered online throughout the year

2. SafeSide – Youth Services

Program Description

How can you keep teams with diverse roles, settings, and experience levels on the same page? SafeSide-Youth Services provides leaders and staff with a common language and framework for Zero Suicide—a map of best practices. Covering all the care elements of Zero Suicide, the Framework will organize your thinking and communication. Evidence-informed, person-centered, and practical—we go beyond merely keeping youth safe to support full recovery, maturity, and empowerment.

Co-taught by a paediatric psychologist/family therapist, Dr. Tony Pisani and suicide attempt survivor, Kristina Mossgraber, the framework comes to life in video-based teaching from these two perspectives and skill demonstrations by therapists and youth support workers.

Without travel or hassle, teams work together through 3 hours of video-guided learning—all at once or in briefer segments. Clinicians who formulate risk complete an additional hour of specialized learning (Pisani et al 2016).

All staff take away tactics, tips, and wording they can use immediately...AND continue learning through optional monthly video calls and new modules added throughout the year. New staff and trainees onboard as soon as they start. Every staff person in your organisation deserve to be equipped and supported for their critical role in protecting young lives.

Focus Area	Course type		
<p>Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Suicide risk formulation practices; Determining appropriate levels of care for patients at risk for suicide; Crisis response procedures and de-escalation techniques; Managing suicidal patients; Collaborative safety planning for suicide; Suicide specific treatment approaches; Aftercare and follow-up; Family, caregiver, and community supports; Procedures for communicating about potentially suicidal patients; Understanding and navigating ethical and legal considerations; Policies and procedures within the work environment; Staff roles and responsibilities within the work environment; Reducing access to lethal means outside the care environment</p>	<p>More than a "training," SafeSide offers an ongoing workforce education programme. InPlace® Learning provides states, health districts, and NGOs a sustainable approach for uniting and engaging your workforce in Zero Suicide.</p> <p>Video-Guided Group Learning (3-4 hours). Clinical expert Dr. Tony Pisani and lived experience faculty Kristina Mossgraber teach video-based modules with compelling video demonstrations. Staff view video modules together and then discuss and practice how to apply the framework and skills.</p> <p>Web-based Office Hours (30 minutes per month). Participants can join Dr. Pisani, Ms Mossgraber, and the SafeSide team on regularly scheduled web-based video conferences. Office hours participants can share and hear experiences of peers to problem solve or give feedback.</p> <p>Updates and Refreshers (at least four 2-8 min modules each year). SafeSide updates instruction regularly in response to evolving practices in Zero Suicide and evaluation feedback. Staff stay current and engaged with quick refreshers and self-paced microlearning delivered online throughout the year, so Zero Suicide stays 'top of mind' instead of 'one and done.'</p> <p>Remote delivery during social distancing. SafeSide Prevention is a technology-forward learning organisation. All programmes can be delivered to remote workers without sacrificing interactivity. Video-guided group learning typically takes place on-site in small groups but, groups can meet online to work through the curriculum. Monthly office hours are webinar-style video conferences that invite staff to connect from wherever they are to ask questions and interact with the SafeSide team and community. Updates and refreshers are brief (2-8 min) self-paced microlearning modules delivered online throughout the year</p>		
ZSH element	Audience for training	Cost	Location
<p>Train Identify Engage Treat Transition</p>	<p>Allied Health Clinician; Support and Outreach (Outreach, Peer Support, Family Support); Case Management; Crisis Services; Physician; Psychiatry; Peer Support Worker</p>	<p>Fee for Service</p>	<p>National</p>

3. SafeSide Primary CARE

Program Description

SafeSide Primary CARE provides a framework for responding to suicide concerns within the time and resource constraints of primary care. Training focuses not only on what to do, but how to do it. Co-taught by a primary care psychologist, Dr. Tony Pisani and a suicide attempt survivor, Kristina Mossgraber, the framework comes to life in video-based teaching from these two perspectives and brief skill demonstrations by real primary care doctors, nurses, and care staff. Evidence-informed, person-centred, and practical—we go beyond merely keeping people safe toward supporting full recovery and empowerment in the context of the brief but repeated and meaningful visits, consumers have with the primary healthcare team.

Training is practical, research based, flexible and sustainable. In three 545-minute video-guide group sessions, you'll get tactics, tips, and phrasing you can use immediately. Training can be conducted on your team's schedule; new providers, trainees, and staff can onboard any time.

SafeSide Primary CARE pairs well with SafeSide's other programs for regions or health systems that wish to unite the health and mental health workforce with a common framework and approach Zero Suicide

Focus Area	Course type		
<p>Suicide prevention and awareness; Identifying warning signs for suicide; Communicating with patients about suicide; Suicide screening practices; Identifying risk factors for suicide; Suicide risk formulation practices; Determining appropriate levels of care for patients at risk for suicide; Crisis response procedures and de-escalation techniques; Managing suicidal patients; Collaborative safety planning for suicide; Suicide specific treatment approaches; Aftercare and follow-up; Family, caregiver, and community supports; Procedures for communicating about potentially suicidal patients; Understanding and navigating ethical and legal considerations; Policies and procedures within the work environment; Staff roles and responsibilities within the work environment; Reducing access to lethal means outside the care environment</p>	<p>More than a "training," SafeSide offers a workforce education programme. InPlace® Learning provides states, health districts, and NGOs a sustainable approach for uniting and engaging your workforce in Zero Suicide.</p> <p>Video-Guided Group Learning (three 50 minute sessions). Clinical expert Dr. Tony Pisani and lived experience faculty Kristina Mossgraber teach video-based modules with compelling video demonstrations. Staff view video modules together and then discuss and practice how to apply the framework and skills.</p> <p>Web-based Office Hours (30 minutes per month, optional). Participants can join Dr. Pisani, Ms Mossgraber, and the SafeSide team on regularly scheduled web-based video conferences. Office hours participants can share and hear experiences of peers to problem solve or give feedback.</p> <p>Updates and Refreshers (brief 2-8 min modules throughout the year). SafeSide updates instruction regularly in response to evaluation feedback and evolving practices in Zero Suicide for primary care. Staff stay current and engaged with quick refreshers and self-paced microlearning delivered online throughout the year, so Zero Suicide stays 'top of mind' instead of 'one and done.'</p> <p>Remote delivery during social distancing. SafeSide Prevention is a technology-forward learning organisation. All programmes can be delivered to remote workers without sacrificing interactivity. Video-guided group learning typically takes place on-site in small groups but, groups can meet online to work through the curriculum. Monthly office hours are webinar-style video conferences that invite staff to connect from wherever they are to ask questions and interact with the SafeSide team and community. Updates and refreshers are brief (2-8 min) self-paced microlearning modules delivered online throughout the year.</p>		
ZSH element	Audience for training	Cost	Location
Train	<p>Allied Health Clinician; Case Management; Crisis Services; Physician; Psychiatry; Peer Support Worker</p>	Fee for Service	National

Suicide Risk Assessment Australia



Tel: 0406 935 225 |
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SRAA offers in excess of 15 programs currently, with several additional online programs in development.

- 1) Suicide Prevention for Leaders
- 2) Legal and Ethical Aspects to Suicide Risk Assessment
- 3) Occupational Rehabilitation and Suicidality
- 4) Substance Use and Suicide Risk
- 5) Children, Adolescents and Suicidal Behaviour Information is available regarding;
 - Foundations to Suicide Risk Assessment
 - Engaging with Suicidality
 - Master Class – Working with Suicidality
 - Suicide Prevention in Aged Care and Residential Facilities
 - Suicide Prevention in Tertiary Education Settings
 - Suicide Risk Assessment for Medico-Legal and Forensic Psychologists
 - Women and Suicide
 - Brief Interventions – Safety Planning and Means Restriction Counselling
 - Self-Care in Suicide Prevention
 - Caring Connections – Caring Responses (peer workplace suicide prevention training)

Audience for training	Course type	Cost	Location
Mental Health and Allied Health Clinicians (Psychiatrist, Counsellor, Mental Health Nurse, Social Worker, Psychologist, Occupational Therapist) Workplace Representatives Occupational Rehabilitation Consultants/Providers	All programs may be delivered face to face and with a blended modality of face to face and online	Fee for service	National

Focus Area

Focus areas vary according to program, but may include

- Suicide risk identification and response procedures
- Suicide screening practices
- Psychological interview techniques for suicide risk assessment and intervention
- Identifying risk and protective factors for suicide
- Identifying warning signs for suicide
- Advanced practice for risk factors and contexts; substance use, aged care, children and adolescents, chronic health conditions, mental health conditions, medico-legal and forensic, tertiary education and workplace suicide exposures, domestic and family violence
- Communicating with clients, family and the workforce about suicide
- Suicide risk formulation practices
- Determining appropriate care responses for clients/ workers at risk for suicide
- Crisis response procedures and de-escalation techniques
- Responding to suicidal clients/ workers
- Collaborative safety planning for suicide
- Suicide specific treatment approaches
- Procedures for communicating about potentially suicidal clients/ workers
- Understanding and navigating ethical and legal considerations
- Reducing access to lethal means outside the care environment
- Creating a safe physical environment for clients/ workers at risk for suicide
- Policies and procedures within the work environment
- Staff roles and responsibilities within the work environment

Other: Intersection between Work Health and Safety legislation and providing psychologically safe training/work environments in the context of inherently 'hazardous' factors relating to suicide

1. Suicide Prevention for Leaders

ZSH Element

Lead Train

Program description

Within this training for managers and executives, we explore the challenges and opportunities a workplace has to respond appropriately and compassionately to workers evidencing risk for suicide. We facilitate skill attainment and confidence in the identification of warning signs for suicide, which may be specific to the workplace and different work environments. The training aligns workplace responses with Australian legislation (Fair Work Act; Anti-Discrimination Act etc).

Topics include responding to disclosures of suicidality in the context of performance management, change management and disciplinary procedures. In addition, risk factors including work and non-work-related injury and mental health conditions are discussed. Further, we outline the essential standards of care the workplace should expect from employer stakeholders, such as occupational rehabilitation and employee assistance program providers.

Suicide Prevention for Leaders builds the workplace's competence to initiating sensitive conversations, screen for suicide and develop Safety Plans that align with the evidence, linking vulnerable workers to essential support services. The role of workplace culture and attitude is underpinned throughout the program, given that success of any suicide prevention initiative is only as effective as the leadership itself.

2. Legal and Ethical Aspects to Suicide Risk Assessment

ZSH Element

Train Identify

Program description

This training package examines how to deliver ethical and compassionate care, aligning critical standards and legal principles. We explore Duty of Care, Informed Consent and our legal obligations to detecting and responding to clients that may experience suicidality. This workshop uses case examples where practitioners can analyse appropriate legal and ethical decision making processes.

There is a strong focus on person centred assessment frameworks and clinical formulation practice, moving away from risk stratification based on a psychometric tools and towards the provision of support and treatment based on identified psychosocial need. We examine what it means to deliver evidence based treatment and why the delivery of direct versus indirect suicide prevention psychotherapies is essential. SRAA present their research outlining Coronial findings that are relevant to the clinical practice of the mental health workforce, in addition to findings published under the Australian Health Practitioner Regulation Agency authority, regarding behaviour that is inconsistent with the National Standards.

3. Occupational Rehabilitation and Suicidality

ZSH Element

Train

Program description

This training is informed by research completed by SRAA, examining the training needs of the Occupational Rehabilitation workforce. We explicitly address the questions and challenges faced by all stakeholder and identify the contextual factors that may contribute to the emergence of suicidality for an injured worker. This training identifies how to support an injured worker to harness the stakeholder relationships to identify and respond appropriately to any risk of suicide.

We present easy to understand interpretations of relevant research and theory (including ideation to action frameworks, to better equip workforce specific intervention strategies. Training includes exploration of complex factors including acquired capacity, 'psychological tolerance' and fluctuating states of vulnerability, according to the Fluid Vulnerability Theory.

The opportunities and challenges associated with occupational rehabilitation and return to work expectations are examined in the context of a worker that may be suicidal. We suggest strategies and skills to plan for recovery through collaborative engagement with treatment providers, family and trusted others, the workplace and identified stakeholders. Workers' Compensation legislation is referenced according to the relevant jurisdiction

4. Substance Use and Suicide Risk

ZSH Element

Train Identify Engage Treat

Program description

Substance use and dependence are known to correlate strongly with increased potential for suicidal behaviour. This training examines the psychological and neurochemical processes in a range of substances and how they impact psychological mechanisms that have been associated with suicide.

Benzodiazepines, alcohol, cannabinoids, stimulants (including methamphetamine), opioids and nicotine are examined, with potential complications associated with emerging synthetic substances and poly-substance abuse in the suicidal state. Strategies for intervention and support that are contextualised to individuals that may occasionally or habitually use substances, are discussed.

Theoretical mechanisms that may influence fluctuations in suicidality across the use cycle (abstinence, intoxication, withdrawal and dependence) and the Stages of Change are considered.

Harm minimisation practice, Suicide Safety Planning according to the Stanley and Brown (2012) model and collaborative treatment planning through clinical formulation are critical inclusions. Access to the SRAA Suicide Risk Formulation template is included

5. Children, Adolescents and Suicidal Behaviour

ZSH Element

Train; Identify; Engage; Treat

Program description

Practitioners working with children and adolescents understand that screening for suicidality or self-injury can be difficult given differences across developmental stages, psychological symptoms or trauma histories and the broader support system. This training reflects on how to use a range of strategies to understand potential suicidality in children and young people, including challenges associated with specific psychological diagnoses including Foetal Alcohol Spectrum Disorder, Autism Spectrum Disorder and Intellectual Disability, diagnoses to name a few. Contextual risk factors including family conflict and violence, social media, bullying and neglect are also explored.

Working within a child's capacity, understanding how risk may present differently and effective safety planning are but a few key learning outcomes. Conceptual principles in the assessment process are considered, given that internationally, there is no universally accepted assessment or interview protocol developed for assessing children under 12 years.

Participants engaged in the face to face training receive a "toolbox" to assist in their development of assessment processes and therapeutic approaches to working with children and adolescents at increased risk of suicide. Online training participants can order an express post toolbox or may request a purchase list to personally source the toolbox inclusions locally



Wesley LifeForce Suicide Prevention Training (Community Gatekeeper)

Program Description

Our workshops are designed to teach people how to identify the signs that someone may be at risk of suicide and appropriate action to take. Effective interventions can make a real difference and save lives.

All Wesley LifeForce Facilitators are accredited trainers and have completed suicide intervention training. Many are also accredited counsellors.

Overall training goals:

- Identify people who may be at risk of suicide
- Communicate appropriately with a suicidal person
- Ask a person if they are considering suicide
- Conduct a suicide intervention

Training outcomes:

Session 1:

- Awareness of the requirements for classification of a death as suicide
- Understand that suicidal ideation and planning are not linear processes
- Knowledge of the occurrence and demographics of suicide in Australia

Session 2:

- List common barriers to helping a suicidal person including your own beliefs and attitudes
- Be able to identify risk and protective factors
- Differentiate between risk factors and warning signs
- Recognise the association between loss and suicidality
- Understand the cascade of events that can lead to thoughts of suicide

Session 3:

- Capability to be able to implement the SALT suicide intervention strategy
- Identify national and local suicide prevention resources
- Understand the importance of self-care and be able to implement self-care strategies

ZSH elements	Course type	Cost	Location
Lead	Online live;	No cost funded through government contract	National
Train	Face-to-face		
Identify		Fee for service	

Audiences for training		Focus Area
Management (Administrators, Supervisors, Managers, Coordinators)	Allied Health Clinician (Counsellor, Social Worker, Psychologist, Occupational Therapist)	Suicide prevention and awareness
Business, Administrative, and Clerical (Accounting, Reception, Human Resources, Billing, Records, Information Technology)	Support and Outreach (Outreach, Peer Support, Family Support) Case Management Crisis Services	Identifying warning signs for suicide Communicating with patients about suicide Identifying risk factors for suicide
Facility Operations (Dietary, Housekeeping, Maintenance, Security, Transportation)	Physician Nursing (Registered & Enrolled Nurse) Peer Support Worker	Collaborative safety planning for suicide Family, caregiver, and community supports

2. Suicide Prevention Training for General Practitioners & Practice Nurses

Program Description

Patients with mental health issues often turn first to their general practitioners for help. GPs and practice nurses need to have the confidence and knowledge to undertake a suicide intervention when necessary. This comprehensive 6 hour workshop includes an easy to use strategy to identify patients at risk and to intervene and appropriately manage a patient with thoughts of suicide.

'Mental illness accounts for a large percentage of the disease burden in Australia. GPs see approximately 80% of the population every year and a significant proportion of GP consultations are for mental health or are mental health related. While not all people with mental health issues are at risk of suicide, it is a risk factor. It is important that GPs are skilled in detecting not only the mental health issues of their patients, but also in assessing the person's risk of suicide or self-harm.' *General Practice Mental Health Standards Collaboration (GPMHSC). Suicide prevention and first aid: a resource for GPs. East Melbourne, Vic: RACGP, 2016.*

ZSH elements	Course type	Cost	Location
Train Identify Engage	Face-to-face	No cost funded through government contract Fee for service	National

3. Wesley LifeForce Suicide Prevention Training for Aged Care Nurses

Program Description

'It is estimated that half of all aged care residents exhibit symptoms consistent with depression, and typically those who currently reside in aged care facilities have low mental health literacy, so identifying issues can be problematic. Unfortunately, this issue is often neglected as it is assumed that depression comes with old age.

More concerning is suicide among aged care residents. Researchers say that between the year 2000 and 2013, 140 residents took their own lives.'

<https://www.agedcareinsite.com.au/2020/01/suicide-among-aged-care-residents-a-major-concern-action-needed/>

For aged care providers, the safety and wellbeing of residents is paramount. Equipping your staff with the necessary knowledge and skills to recognise and appropriately care for someone at risk of suicide in your facility is vital. The Australian Bureau of Statistics identifies the elderly as a high-risk group.

This four hour workshop teaches aged care nurses how to identify that an aged care resident may be at risk of suicide. It demonstrates how to intervene and the appropriate actions to take to assist them.

ZSH elements	Course type	Cost	Location
Train Identify Engage	Face-to-face	No cost funded through government contract Fee for service	National

4. Wesley LifeForce Suicide Prevention Training for Aged Care Workers

Program Description

This 1 hour workshop builds awareness of the signs that an aged care resident may be experiencing mental ill health or thoughts of suicide. The aim of the program is to assist staff to recognise the potential signs and develop skills to record and report concerns so that residents can get the support they need.

ZSH elements	Course type	Cost	Location
Train	Face-to-face	No cost funded through government contract	National
Identify		Fee for service	
Engage			

5. Wesley LifeForce Suicide Prevention Training for Relationship Counsellors

Program Description

While counsellors already have an understanding of the risk factors of suicide, its prevalence in the community makes it important that they stay informed by current thinking. This comprehensive suicide prevention workshop is based on the latest data and research. It is designed to refresh skills and further develop simple intervention techniques and strategies. Upon completion, participants will be provided with a certificate to go towards annual CPD requirements.

This workshop is suitable for counsellors, social workers, family therapists, mediators, psychologists and any other professional whose role involves counselling.

ZSH elements	Course type	Cost	Location
Train	Face-to-face	No cost funded through government contract	National
Identify		Fee for service	
Engage			
Transition			

UK Zero Suicide Alliance

Tel: +44 7875339655 | contactus@zerosuicidealliance.nhs.uk



Zero Suicide Alliance

Program Description

Free online training. the aims of this training are to: enable people to identify when someone is presenting with suicidal thoughts/behaviour, to be able to speak out in a supportive manner, and to empower them to signpost the individual to the correct services or support..

ZSH element

Lead
Train
Engage
Transition
Improve

Audience for training

Anyone interested in supporting people who are suicidal)

Focus Area

- Suicide prevention and awareness
- Identifying warning signs for suicide
- How to have a conversation with someone who is facing a crisis in a supportive way

Course type

One line self paced 20 min training plus a 5 min micro version

Cost

Free (all aspects of ZSA are offered for free), our funding is derived from The UK Government Department of Health & Social Care Fee for service

Location

National (the training can be accessed by anyone in the world and we have thousands of people access each year internationally