

LEARN THE RIGHT SKILLS AND YOU COULD SAVE A LIFE

Next date: 12th August
8:30am to 4:00pm

Join our FREE 1 day online Suicide Prevention Training and learn
how to recognise and respond to someone having
suicidal thoughts in your community

FREE 1 DAY ONLINE COURSE

Suicide Prevention Training will teach
you to:

- Know the extent of suicide in Australia
- Understand the barriers to offer help
- Identify the signs that someone may be at risk of suicide
- Be able to ask about suicidal thoughts
- Encourage an at-risk person to accept help
- Take the appropriate action and bring that person to safety

HOW TO REGISTER

Free to anyone living in Australia and
over the age of 18

- Check out available dates on our website:
<https://mentoringmen.org.au/mentor-training/>
- Click on the link next to your preferred date to book directly onto the course

This training is not suitable for anyone experiencing
anxiety, depression or suicide ideation

**"For me, the course was an eye-opener and made me more
comfortable to ask openly about suicide."**

David, Sydney NSW

Any questions email info@mentoringmen.org.au