

SUICIDE PREVENTION & MENTAL HEALTH TRAINING/WORKSHOPS- FREE

For additional information, and alternate ways to register for the below training and workshops, please contact Central Queensland Rural Health:
Email Helen.Munn@cqrdgp.com.au
ph. 0404 747 940 or 4992 1040



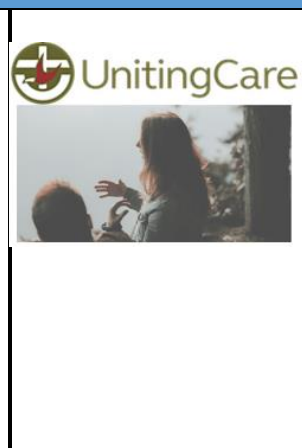
DATES/TIMES INFORMATION AND CONTACTS

26th May
10:00 to 2:30pm
(includes lunch)

Mount Morgan

For volunteers, service personnel, help staff, community members.

Lifeline Qld's Counselling by Chance workshop- Mount Morgan. Free;**
Grand Hotel; lunch included.
 Communicating with empathy, connection and care to support others. For people stepping up to support their community during crisis events and natural disasters, it covers interpersonal and communication skills to build confidence to assist someone in distress whilst looking after yourself. Participants will learn how to enhance interactions between themselves and others, and how to best assist someone who is in distress: as well as looking after themselves.
RSVP 21st May
REGISTER: Eventbrite (and information) by [clicking here](#).
www.eventbrite.com.au/e/counselling-by-chance-workshop-mount-morgan-registration-154507228279

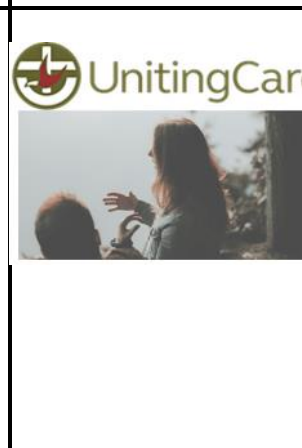


27th May
9:00am to 1:00pm

Yeppoon

For volunteers, service personnel, help lines, community members.

Lifeline Qld's Counselling by Chance workshop-Yeppoon. Free;**
Yeppoon Town Hall.
 Communicating with empathy, connection and care to support others. For people stepping up to support their community during crisis events and natural disasters, it covers interpersonal and communication skills to build confidence to assist someone in distress whilst looking after yourself. Participants will learn how to enhance interactions between themselves and others, and how to best assist someone who is in distress: as well as looking after themselves.
RSVP 21st May
REGISTER: Eventbrite (and information) by [clicking here](#).
www.eventbrite.com.au/e/counselling-by-chance-workshop-yeppoon-registration-154507037709



17th June
9:30am to 4:00pm

Yeppoon

For all the community

Standby Support After Suicide: Pathways to Care workshop;
Free; Yeppoon Town Hall
 Standby will work with local Livingstone organisations and community groups to build their capacity to participate in a planned (community) approach to support those bereaved or impacted by suicide. Invites essential.
RSVP 4th June
REGISTER: Email Helen.Munn@cqrdgp.com.au **ph.** 0404 747 940









29th June
10:00am to 2:30pm

Mount Morgan

Community members.

Lifeline Qld's Mental Health Aware. Free;**
Mount Morgan Grand Hotel; lunch included.
 Recognise, respond and refer when working with someone who may have mental health concerns. Family and community members will find Lifeline Queensland's MH-Aware program useful, as it involves recognising, responding and referring someone to support when needed. There is a 2 hour pre-workshop online component you can do at your own time. For more information [click here](#)
RSVP 16th June
REGISTER: Email Helen.Munn@cqrdgp.com.au **ph.** 0404 747 940



DATES/TIMES	INFORMATION AND CONTACTS	
<p>30th June 9:00am to 1:00pm</p> <p>Yeppoon</p> <p>Community members.</p>	<p>Lifeline Qld's Mental Health Aware. Free**; Yeppoon Town Hall Recognise, respond and refer when working with someone who may have mental health concerns. Family and community members will find Lifeline Queensland's MH-Aware program useful, as it involves recognising, responding and referring someone to support when needed. There is a 2 hour pre-workshop online component you can do at your own time. For more information click here</p> <p>RSVP 16th June REGISTER: Email Helen.Munn@cqrdgp.com.au ph. 0404 747 940</p>	
<p>17th July (Sat) 9:00am to 12:30 plus meal.</p> <p>Mount Morgan</p> <p>For the Community</p>	<p>Calm Care Suicide Awareness Workshop. Free**; Mount Morgan Grand Hotel; ending with lunch Equip you to be suicide aware and to put your hand up when someone is signaling they need care. Information on the program can be found here: https://www.keepcalm.org.au/our-goals/. Participants have the opportunity to provide their EOI in becoming a trainer (see the T4T information below). Flyer attached.</p> <p>RSVP 9th July REGISTER: Eventbrite click here www.eventbrite.com.au/e/calm-c-a-r-e-suicide-awareness-workshop-mount-morgan-tickets-154500516203</p>	
<p>TBA 2 days</p> <p>For Mount Morgan/surrounds community members</p>	<p>Calm Care Train 4 Training; heavily sponsored**; two day training TBA Participants of the Calm Care Suicide Awareness Workshops living in the Mount Morgan region are invited to register for the <u>two day</u> CALM C-A-R-E Train 4 Training program that will enable them to become a local Calm Care facilitator to deliver the half day training to their communities.</p> <p>For more information click here CONTACT: Central Queensland Rural Health Email Helen.Munn@cqrdgp.com.au ph. 0404 747 940</p>	
<p>12th August TBA</p> <p>Rockhampton</p> <p>For Practice Staff</p>	<p>Wesley Mission/Wesley LifeForce: Practice staff suicide prevention workshop. Training costs covered through funding for the program. Click here for more information; Date claimer: 2 hour- Practice Staff Workshop CONTACT: Helen.Munn@cqrdgp.com.au ph. 0404 747 940</p>	
<p>13th August TBA</p> <p>Rockhampton</p> <p>For the Community</p>	<p>Wesley Mission/Wesley LifeForce Training Community Gatekeeper Suicide prevention workshop. Simple, effective interventions that make a real difference. Training costs covered through funding for the program. For more information: Click here . Date claimer: 4.5 hour - Community Gatekeeper Training CONTACT: Helen.Munn@cqrdgp.com.au ph. 0404 747 940</p>	
<p>14th August 9:00am to 4:00pm</p> <p>Rockhampton</p> <p>For private/public doctors and practice nurses.</p>	<p>Wesley Mission/Wesley LifeForce Training for the Rockhampton and Livingstone Local Government Areas; Suicide Prevention Training; RACGP CPD accredited training (40 CPD); provides an overview of suicide in Australia; considers why people take their own life; and discusses loss, suicidal thoughts or behaviour. The second session considers 'the therapeutic alliance' and includes the SALT strategy. Training costs and catering covered through funding for the program. There is a brief pre-workshop activity that can be completed in your own time prior to the workshop and required to be eligible for the CPD points. For more information: Click here (flyer also attached). Note: Wesley LifeForce are also looking for a local GP that can co-facilitate the second session; there is a \$300 reimbursement for their time. REGISTER (and more information): Eventbrite- click here www.eventbrite.com.au/e/wesley-lifeforce-suicide-prevention-gp-skills-training-rockhampton-qld-tickets-153731467959</p>	

DATES/TIMES**INFORMATION AND CONTACTS****Any time****Online**

Free resource for employers

Central Queensland Rural Health: Organisation 'Employee Suicide Awareness Survey'; designed to assist workplaces or organisations determine their employees/volunteers level of skills and knowledge when dealing with mental illness or suicidal ideation.

For more information **Email** admin@cqrdgp.com.au; or **Phone** 07 4992 1010.

Free online survey is available by [clicking here](#).

<https://www.cqruralhealth.com.au/wp-content/uploads/2020/09/CQRH-SuicideAwareness-EmployeeSelfAssessmentSurvey-v3.pdf>



NOTE: The workshops identified as "Free**" or as "sponsored**" are being funded by the Qld Government's Tackling Regional Adversity Through Integrated Care Initiative.

For additional information and alternate ways to register for the above training and workshops, please contact Central Queensland Rural Health; Email Helen.Munn@cqrdgp.com.au ph. 0404 747 940 or 4992 1040

If you, or someone you know are in distress, please call: Lifeline: 131 114; Beyond Blue: 1300 224 636; Mental Health Hotline: 1300 642 255;

Kids Helpline on 1800 551 800; Suicide Call Back Service on 1300 659 467; Emergency Services: please call 000.