

## Training the community to recognise

Increasing awareness about the importance of suicide prevention isn't enough to reduce deaths. Communities want clear, concrete things they can do to better support the people around them. Everyone is in a position to help when they know what to do.

The Collaborative has been actively promoting training that has evidence for building the skills all of us need to help someone in crisis, including **Question Persuade Refer (QPR)** from the QPR Institute, and **Applied Suicide Intervention Skills Training (ASIST)** from LivingWorks Education Australia.

We've worked with local organisations and individuals to get as many people trained as we can.



Collaborative member, Brian Boulton, delivering QPR training to the Illawarra Hawks players.

### 37 local organisations provide suicide prevention training for their staff

Local councils, schools, health services, law firms and IT companies have had their staff trained in QPR. By doing this, they are letting their staff know that they care about suicide prevention and see staff wellbeing as relevant to their business.

Organisations have already reported the positive impact of QPR training. A local council manager said: "Staff have told me they've used the skills learnt in the training to reach out to their co-workers and connecting them with support, and this was sometimes within just hours of doing QPR."

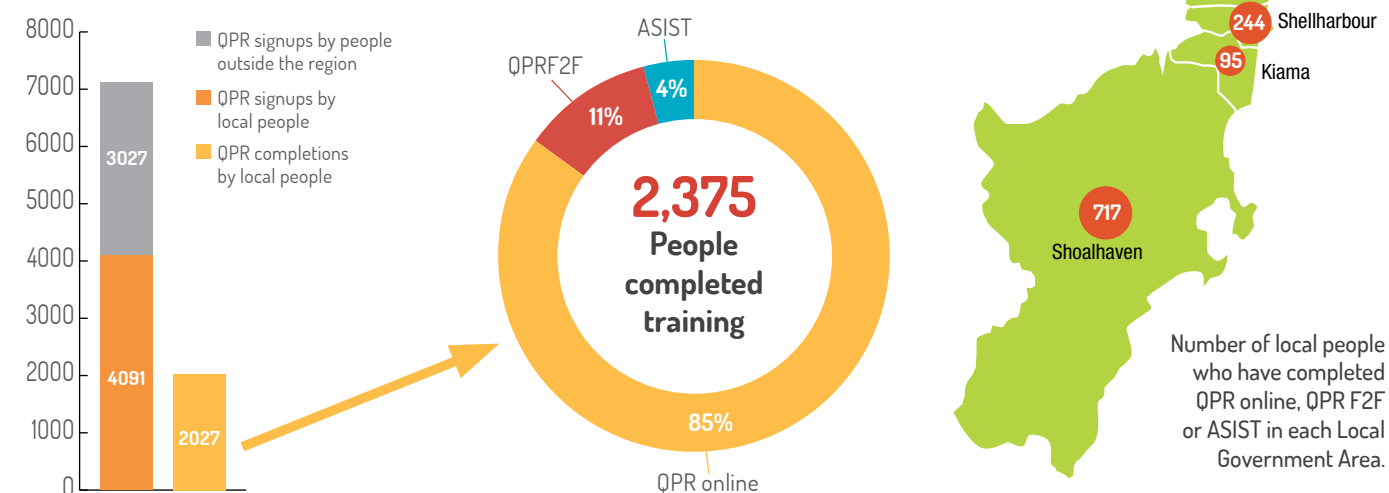
"I feel the training is making a positive difference in our teams - not only in the knowledge people gain, but the way we are talking about supporting other people, and the underlying message it sends to everyone that supporting others is something we value very highly."  
- Local Health District manager

## and respond to suicidality



### How many people have completed suicide prevention training?

While QPR online is available via the Collaborative's website, face-to-face versions of QPR (QPR F2F) and other training programs are delivered by an army of dedicated organisations and private instructors. The Collaborative thanks all of these people for their contributions.



The Collaborative has been working with training instructors to design and implement one evaluation survey that will be used across all training programs. For the first time, this will enable us to better map where training is provided across the region, who is attending, and whether participants are using what they learn to support others.

### What has been the impact of community training?

Those who completed training said it made them more likely to talk to someone about suicide and are confident they can help a person thinking of suicide.

**75% have helped someone within 6 months of doing training.**

"When (my daughter) initially said that she had suicidal thoughts, I was beside myself. We talked it through but I didn't know what to ask and how to ask it or what to say. Then I saw the QPR advertised. I did the training and since have been able to approach discussions with her more confidently." - QPR Participant

'If someone was showing signs of suicide, I would directly raise the question of suicide with them'



'I have skills to help or support a suicidal person'

