

Sign up for
 ASIST

2-day suicide intervention training

MACKAY, ISAAC AND WHITSUNDAY

Help save local lives through suicide awareness



ASIST is presented by LivingWorks' qualified trainers and is suitable for everyone. ASIST can also provide an important link within networks for those who are safeTALK trained to be supported, helping create suicide-safer communities. You, your staff, your students, or your organisation's volunteers and sports players, can benefit greatly from ASIST.

REGISTER NOW OR GET MORE INFO

Visit grapevinegroup.org.au, call 0412 689 414 or email training@grapevinegroup.org.au

DONATIONS AND SPONSORS

Want to make a donation or sponsor ASIST training for your workplace, community group or sporting team? Contact us at: secretary@grapevinegroup.org.au

What does ASIST (Applied Suicide Intervention Skills Training) offer participants?

ASIST is a FREE two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety and link them with further help if required.

Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop – ASIST can be learned and used by everyone. That means just about anyone aged 16 or older can learn the skills to intervene and save someone from suicide. Professionals as well as members of the broader community have all found great value in ASIST.

ASIST is recognised as the world's leading suicide intervention workshop and is scientifically proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counsellors were 74% less likely to be suicidal after the call, compared to callers who spoke with counsellors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counsellors.



It's about mates helping mates

You can make a difference

grapevinegroup.org.au

SIGN UP FOR ASIST IS A LIFE-SAVING CAMPAIGN BY GRAPEVINE GROUP & RUN FOR MI LIFE



About Grapevine Group

Grapevine Group Assoc Inc is a locally-founded community group which delivers suicide prevention training and awareness in the Mackay, Isaac and Whitsunday regions. To date, we have proudly trained over 6,000 people in these communities.

Suicide is still considered a taboo subject and surrounded by stigma and shame which often prevents people from seeking assistance or discussing the issue. It is very hard for media to report on suicide, leaving many people to hear of a tragedy along the 'gossip grapevine'. This means they're not hearing about the resources available to them. By funding the public through free safeTALK suicide prevention training, Grapevine Group is working to change that.

To raise awareness Grapevine also promotes the list of local suicide prevention resources online and on printed Help-a-mate cards which assists our local communities to find help. You can find the list at grapevinegroup.org.au or download the Grapevine Group app.

Grapevine Group has operated since 2004, and is a registered charity relying on volunteers and community support for our fundraising which is put back into suicide prevention programs and initiatives for our local communities. If you would like to donate, volunteer, or learn more about prevention training contact secretary@grapevinegroup.org.au.

Identifying suicide warning signs and finding appropriate assistance has been proven to save lives!

SUICIDE FACTS:

Just how big is the issue of suicide in Australia?

- Every day about 9 Australians die by suicide and an attempt is made every 7 minutes. For every death by suicide, it is estimated that as many as 30 people attempt to end their lives. The estimate of suicide attempts each year is over 65,000.
- It is estimated that more than 500,000 Australians have attempted suicide at some time in their lives.
- More attempts are made by females but more than 3 out of every 4 deaths from suicide are male.
- The 2022 Australian Bureau of Statistics (ABS) reports 3,249 people died from suicide.
- In 2022 the deaths from suicide were over twice the number of deaths on Australian roads.
- Suicide is the most common cause of death for adults aged 15-44
- Using the 'Years of Potential Life Lost' (YPLL) measure, the potential years of life lost for all Australians dying by suicide in 2020 was estimated to be a total of 108,782 years.
- Suicide costs our nation over \$17 billion every year.
- Regional and rural areas are at greater risk.
- The rate of Aboriginal and Torres Strait Islander suicide remains twice as high as the general population.
- Studies recognise the LGBTIQ community is at higher risk of suicidal behaviours.



**DOWNLOAD THE GRAPEVINE GROUP APP
TO FIND LOCAL HELP - A PERFECT RESOURCE FOR
YOUR STAFF, PLAYERS AND VOLUNTEERS**

Help save lives through suicide awareness

The 3-day safeTALK awareness training and Suicide Mythbusters presentation are also available for your organisation.

