Sign up for SafeTALK

3-hour **suicide prevention** training

MACKAY, ISAAC AND WHITSUNDAY

Help save local lives through suicide awareness

LivingWorks

safeTALK is **free training** session presented by LivingWorks' qualified trainers and provides educational and factual information that encourages suicide alertness, reduces stigma and promotes safer communities.
You, your staff, your students, or your organisation's volunteers and sports players, can benefit greatly from safeTALK.

BOOK A SESSION OR LEARN MORE

Visit grapevinegroup.org.au to book into a public session. Enquire about a free on-site private session by contacting 0412 689 414 or training@grapevinegroup.org.au

DONATIONS AND SPONSORS

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

Why come to safeTALK?

Most people with thoughts of suicide signal their distress and invite help. Often these opportunities are missed, dismissed or avoided — leaving people more alone and at greater risk.
In safeTALK you will learn how to become more alert to these prevention opportunities and offer help that increases safety.
This vital training is available to anyone 15 years and older.

What happens in safeTALK?

See video role-play reminders about why suicide alertness matters.
Hear how open, direct talk about suicide can increase safety.
Discuss barriers to helping. Practise basic steps to help.

In a 3-hour safeTALK session...

Learn TALK steps (Tell, Ask, Listen and KeepSafe)

- ✓ Explore why invitations to help are often overlooked
- ✓ Share helpful resources and services in your community
- ✓ Learn to link persons at risk with suicide first aid help
- ✓ Keep yourself and others safe
- ✓ Talk with your presenter about your response to safeTALK
- ✓ Find ways to offer hope by providing help
- ✓ Connect with suicide first aid resources
- ✓ Remember the Lifeline number 13 11 14
- ✓ A certificate will be issued confirming completion of this training

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FIND LOCAL SUICIDE PREVENTION RESOURCES ONLINE

grapevinegroup.org.au

Help-a-mate

Proudly supported by:

Proudly supporting Lifeline

Run for MI Life

SIGN UP FOR SAFETALK IS A LIFE-SAVING CAMPAIGN BY GRAPEVINE GROUP WHICH IS SUPPORTED BY LIFELINE AND RUN FOR MI LIFE

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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 8 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 2-day ASIST invention training and Suicide Mythbusters presentation are also available for your organisation.

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