SUICIDE MYTHBUSTERS

1-hour **suicide prevention** toolbox talk

MACKAY, ISAAC AND WHITSUNDAY

An excellent first step for general suicide prevention awareness.

Suicide Mythbusters is a **free**, short and informative presentation given by qualified trainers. It offers participants an introduction to suicide intervention by discussing common myths about suicide and how to help someone who may be experiencing suicidal thoughts.

Suicide Mythbusters is suitable for groups or workplaces when it is only possible to organise a shorter presentation.

You, staff, students, volunteers or sports players, can benefit greatly from this awareness.

LIKE TO BOOK OR LEARN MORE?

Call 0412 689 414 or email training@grapevinegroup.org.au

DONATIONS AND SPONSORSHIP

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

Why come to Suicide Mythbusters?
This interactive course is a one-hour introduction to suicide intervention and offers the opportunity to discuss five common myths about suicide. It gives participants the chance to consider how to recognise and help someone with suicidal thoughts.

People who attend in Suicide Mythbusters can further their knowledge about suicide and how to become a suicide alert helper by attending three-hour safeTALK awareness training, or the more comprehensive two-day ASIST intervention course.

What happens in Suicide Mythbusters?:

✓ A brief introduction to suicide intervention
✓ Interactive conversation and exercises
✓ Information that helps dispel five myths about suicide
✓ Question and answer session

We will dispel these five myths about suicide:

- Only certain types of people become suicidal
- Suicide occurs without warning
- A suicidal person cannot be helped
- You should not ask someone if they are suicidal
- Only mental health professionals can deal with suicide

This presentation is available to anyone 15 years and older.

Mates helping mates

grapevine group assoc inc.

FIND LOCAL SUICIDE PREVENTION RESOURCES ONLINE

grapevinegroup.org.au

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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

Ask about the more comprehensive 3-hour safeTALK and 2-day ASIST invention training which are available for your organisation.

Sign up for SafeTALK