IN-HOUSE TRAINER

# In-house safeTALK Trainer Program

MACKAY, ISAAC AND WHITSUNDAY

## Establish your own suicide prevention training program

Support your staff, players or volunteers to support each other.

As a proud recipient of the Mackay region's 2024 and 2025 Mayor's Charity Ball, Grapevine Group is able to establish our new In-house safeTALK Trainer initiative.

This program is targeted at businesses, sporting organisations and volunteer groups with over 200 members. The program gives your organisation an opportunity to implement your own suicide prevention program.

The experience of presenting suicide prevention training makes a vital difference to our community and is very rewarding.

### LIKE TO LEARN MORE?

Contact Debbie Knight on 0409 441 640 or email president@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

SafeTALK suicide prevention training, within organisations, fosters an environment where members can more easily support each other and the wider community.

**SafeTALK participants learn how to:**

✓ Identify someone at risk of suicide.
✓ Talk to those experiencing suicidal thoughts.
✓ Help guide them to resources and support.

**What does the In-house safeTALK Trainer Program provide?**

Grapevine Group offers funding to put your representative through the LivingWorks safeTALK T4T program (valued at $2200 +GST) and the prerequisite LivingWorks ASIST training (valued at $330 +GST) along with any travel costs.*

Grapevine's experienced volunteer trainers are available to guide your safeTALK Trainer and offer training support.

**Note: Information current as per July 2025, and is subject to funding.*

**It works!**

Mackay Regional Council has successfully implemented the In-House safeTALK Trainer program. Staff are offered the training voluntarily. To date, they have proudly trained over 500 staff.

**What is helpful to know?**

- Each safeTALK session must be delivered to a minimum of 10 and a maximum of 30 participants.
- Each safeTALK session requires an additional representative qualified in LivingWorks ASIST, Mental Health First Aid or similar.
- To remain qualified, safeTALK Trainers must present three safeTALK sessions the first year and two sessions every year following.

Help-a-mate

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FIND LOCAL SUICIDE PREVENTION RESOURCES ONLINE

grapevinegroup.org.au

**Proudly supported by:** MACKAY REGION Chamber of Commerce · RESOURCE industry network · Mackay REGIONAL COUNCIL

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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 7,000 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 suicide prevention training, Grapevine Group is working to change that.

To raise awareness Grapevine Group also promotes the list of local suicide prevention services online and on printed Help-a-mate wallet 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.
- The 2023 Australian Bureau of Statistics (ABS) reports 3,214 people died from suicide.
- More attempts are made by females but more than 3 out of every 4 deaths from suicide are male.
- Suicide is the most common cause of death for Australian adults aged 15-44.
- Nationally in 2023, the deaths from suicide were over twice the number of deaths on our roads.
- Using the 'Years of Potential Life Lost' (YPLL) measure, the potential years of life lost for all Australians dying by suicide in 2023 was estimated to be a total of 107,537 years.
- Suicide costs our nation over $17 billion every year.
- Regional and rural areas are at greater risk.
- Suicide rates among Aboriginal and Torres Strait Islander (First Nations) people are substantially higher than those of non-indigenous Australians.
- 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.

**Sign up for SafeTALK**