



COmmunity **R**esponse to **E**liminating **S**uicide

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Suicide Prevention Training

Facilitated by

CORES Australia

Tasmania has the HIGHEST rate of SUICIDE of WOMEN and the SECOND HIGHEST SUICIDE rate of MEN in Australia

History and Overview

The Community Response to Eliminating Suicide (CORES) program was developed in Sheffield, Tasmania in 2003. It was developed to address the issue of suicide in the Kentish Region after ten people died by suicide over a three-year period. It was developed by community for community with 'lived experience' people involved from the very beginning. Its greatest strength is that it is a peer support model.

Kentish Regional Clinic Inc. operates as CORES Australia and was formed as a not for profit organisation in May 2007, with a main office in Sheffield. It consists of a Board of Directors governing the integrity and viability of the CORES Program.

Purpose of the Training

The training is designed to provide individuals and organisations with essential skills and resources required to identify and respond to a person at risk of suicide.

Aims

- Recognise the warning signs of suicide
- Intervene before the potential crisis occurs
- Support the person at risk to access the appropriate services

Benefits for Organisations

- Helps reduce turnover and absenteeism by increasing employee morale
- Helps reduce workplace injuries through creating a culture of care
- Develops a sense of community in the workplace

Kentish Regional Clinic Inc.

ABN 87 116 815 488

- Reduces the rates of suicide and encourages early help seeking behaviour
- Improves the Corporate Image

Broader Benefits (Individual & Community)

- Generates social capital
- Recognises suicide as a social health issue, helping reduce the stigma associated with suicide
- Helps facilitate an open discussion of what most consider an uncomfortable topic
- Encourages communities to become supportive, healthy and well-connected
- Strengthens local social networks
- Normalises help seeking behaviour
- The skills learned in the training are transferrable to other areas of life

Target Audience

Whole of Organisation - All employees will benefit from this training

Duration

One day: 9am – 4.30pm

Resources

- Adequate size training room for the number of participants (Training is provided onsite at workplaces)
- Whiteboard and projector
- Lunch to be supplied by the organisation or participants BYO

Cost

6 - 10 people \$1 000 per day inc GST

11 - 25 people \$1 375 per day inc GST

Other Expenses (Where Required)

Travel, Accommodation, Meals, Airfares

Expressions of Interest

For further information please email: sharoneo@kentishrc.com.au