



**COmmunity Response to Eliminating Suicide**

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# **Suicide Prevention Training**

## **Facilitated by**

# **CORES Australia**

### **History and Overview**

The Community Response to Eliminating Suicide (CORES) training program was developed in the rural community of Kentish, in Tasmania and has been operating since 2003 within Tasmania. It was developed by the community with 'Lived Experience' people being an important part of the development. Volunteer Peer Workers were trained to deliver the one-day course and this provided sustainability of the program. Simultaneously, a CORES Network was set up in each target area, driven by those volunteer Peer Workers who engaged local service providers to support the Network. In 2007 Kentish Regional Clinic Inc. was formed to manage the CORES program and it was at this time the program became national.

In 2008, the first training took place in the Shire of Burdekin, north Queensland, with the Burdekin and Hinchinbrook Networks established in 2009. A Coordinator was employed in 2011 and the following Networks were established: Innisfail, Charters Towers, McKinlay/Cloncurry, Whitsundays, Central Queensland, Wide Bay and Sunshine Coast, Townsville and Palm Island. Over 4000 people have been trained in Queensland.

Networks have also been established in Riverland, South Australia and Hay, New South Wales.

### **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.

The training provides participants with an introduction to suicide statistics and stigma; suicidal thoughts, behaviours, signs and indicators are explored through supported discussions and interactive exercises; the importance of self-care for mental health and well-being are discussed; and strategies for assessing, understanding and assisting a person considering suicide are practised, with a focus on utilising existing community resources.

## **Aims**

- Recognise the warning signs of suicide
- Support the person at risk to develop their own safety plan and access the appropriate services
- Promote help-seeking behaviour before a crisis occurs
- Every participant in the training has the opportunity to look at their own stresses and struggles in life and develop their own self-care strategies and safety plan

## **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
- Reduces the rates of suicide and encourages early help seeking behaviour

## **Broader Benefits (Individual & Community)**

- 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
- Increases engagement with local community networks who have knowledge and linkages to communities and families who have experienced suicide
- Improves knowledge within communities of the impact of suicidal thoughts and suicide in their local community
- 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 \$1 200 per day plus GST

11 - 25 people \$1 400 per day plus GST

## **Other Expenses (Where Required)**

Travel, Accommodation, Airfares

## **Expressions of Interest**

For further information please email: [coresqld@kentishrc.com.au](mailto:coresqld@kentishrc.com.au)