

# Safe

from suicide



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## MEDIA RELEASE

### Training the Hunter's teachers, parents and communities to help keep youth safe from suicide

Teachers and school staff are being offered suicide first aid training to support pupils in the Newcastle and Hunter regions during late August and September.

The move is part of a [state-wide initiative to create a network of safety around young people](#) through training teachers, parents, carers, and other community members. The initiative is part of the NSW Government's Mental Health Recovery Package, which aims to support anyone whose mental health has been impacted by the COVID-19 pandemic.

Suicide prevention leaders LivingWorks Australia is hosting 10 after school safeTALK workshops covering intervention skills at the following locations:

- Charlestown - 30 August & 15 September
- Swansea - 31 August & 13 September
- Maitland - 1 September & 14 September
- Newcastle - 6 September & 21 September
- Cessnock - 7 September
- Singleton - 15 September

LivingWorks Australia CEO Shayne Connell: "We're training in areas all the way from Lake Macquarie to the Upper Hunter to reach as many people as possible – and we can add extra workshops to suit any particular school timetable."

The \$14 million program is also open to parents and carers of teenagers, as well as anyone who works with, or supports, high school students. The training is available to Public, Catholic and Independent schools and will also be open to Police, Aboriginal leaders, small business owners and managers and community club members.

Mr Connell said the right course is available for everyone, with sessions varying from 60 minutes to two days, virtually and in-person.

"Teachers, parents and carers do a phenomenal job supporting young people through the highs and lows of life, and this training will give them an extra confidence boost to have all-important and, potentially, life-saving conversations," said Mr Connell.

"The training will help people recognise when someone is having thoughts of suicide, engage with that person, and connect that person to further help, such as a school counsellor or a community mental health provider."

The free NESA-accredited LivingWorks safeTALK training takes around three hours and is being held between 3.30pm to 7pm at each event. Refreshments are also provided.

Teachers and school staff can book online via [www.livingworks.com.au/NSW](http://www.livingworks.com.au/NSW).

-ENDS-

**Media contact:** LivingWorks Australia Communications Lead, Kristy Tass 0409 352 861. **Local Principal of Hunter Valley Grammar School is also available for interview about their school's upcoming training as part of this initiative.**

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