



Learn the skills. Help save a life.

Suicide is preventable. Anyone can make a difference.

- 4-hour workshop in suicide alertness skills
- Suicide Alertness training for everyone
- Learn what to do if someone is having thoughts of suicide and how to best support and help them

Date: Thursday 12th December, 10am - 2pm

Location: Bendoc Neighbourhood House and Shire
Outreach Centre
18 Dowling Street, Bendoc

Hosted by: The Healthy Communities Foundation Australia

Cost: Fully Funded by The National Rural & Remote Suicide
Prevention Program (valued at \$120pp)

To register use the QR code,
email

suicideprevention@thcfa.org.au

OR text 0410 707 543



**THE HEALTHY
COMMUNITIES
FOUNDATION
AUSTRALIA**



**NATIONAL
RURAL & REMOTE
SUICIDE PREVENTION
PROGRAM
AUSTRALIA**