

Sign up for
SafeTALK

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Lifeline



FREE suicide prevention training

1 in 17 Australians will consider suicide this year.

Join the campaign to make Mackay the most suicide-safe region in Australia.

 LivingWorks



safeTALK
suicide alertness for everyone

SafeTALK is presented by Lifeline and provides educational and factual information that encourages suicide alertness and promotes suicide-safer communities. You, your staff, students or your organisation's volunteers can greatly benefit from safeTALK training.

REGISTER NOW

Contact Lifeline, Di Gillespie P: 07 4944 2300

Contact Grapevine Group
secretary@grapevinegroup.org.au

SPONSOR

Like to sponsor prevention training?

Contact Grapevine Group
chairperson@grapevinegroup.org.au

Why come to safeTALK?

Most people with thoughts of suicide signal their distress and invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk.

In safeTALK you will learn how to become more alert to these prevention opportunities and offer help that increases safety.

What happens in safeTALK?

See video role-play reminders of why suicide alertness matters. Hear how open, direct talk about suicide can increase safety. Discuss barriers to helping. Practise basic helping steps.

In safeTALK

- Learn TALK steps (Tell, Ask, Listen and KeepSafe)
 - ✓ Explore why invitations to help are often overlooked
 - ✓ Share helpful resources and services in your community
 - ✓ Learn to link persons at risk with suicide first aid help
 - ✓ Keep yourself and others safe
 - ✓ Talk with your presenter about your response to safeTALK
 - ✓ Find ways to offer hope by providing help
 - ✓ Connect with suicide first aid resources
 - ✓ Remember the Lifeline number 13 11 14
 - ✓ A certificate will be issued confirming completion of this training
- (safeTALK is available to anyone 15 years and older)*

SIGN UP FOR SAFETALK IS A LIFE-SAVING CAMPAIGN BY GRAPEVINE GROUP, LIFELINE & DAILY MERCURY



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About Grapevine Group

The Grapevine Group Assoc Inc is a locally founded community group who raise funds and awareness for suicide prevention in the Mackay region. At present Mackay has a higher than average suicide rate but with your support we believe we can become the most suicide-safe region in Australia.

Suicide is still considered a taboo subject and surrounded by stigma and shame which 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' and not of the resources available to them. By funding the public through free SafeTALK suicide prevention training in a joint campaign with the Daily Mercury and Lifeline Mackay, Grapevine Group intends to change that.

To raise awareness Grapevine also promotes and distributes the list of local suicide prevention resources to assist Mackay to find help locally. You can find these at www.grapevinegroup.org.au

Grapevine Group relies entirely on community support and has operated since 2004. If you would like to assist or learn more about SafeTALK contact secretary@grapevinegroup.org.au

SUICIDE FACTS:

Just how big is the issue of suicide in Australia?

- Every day at least 7 Australians die by suicide and 178 attempt suicide, half of whom require hospitalisation as a result
- Suicide is the leading cause of death for men and women under the age of 34 years
- Suicide is the leading cause of death for men under the age of 44 years
- Suicide costs our nation over \$17 billion every year
- Every year there are more deaths from suicide than there are road accidents
- 1 in 17 Australians will consider suicide this year
- Regional and rural areas are at greater risk
- Currently Mackay has a higher than average rate of suicide rate

Identifying suicide warning signs and finding appropriate assistance can save lives!

Let's make Mackay the most suicide-safe region in Australia

Find out more about free SafeTALK training or offer to help email secretary@grapevinegroup.org.au