



[WWW.GRAPEVINEGROUP.ORG.AU](http://WWW.GRAPEVINEGROUP.ORG.AU)

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## Like to help with a donation?

### About Grapevine Group:

The Grapevine Group Assoc Inc is a locally-founded, community group operated by volunteers, which raises funds and awareness for suicide prevention in the Mackay region. At present, Mackay has a high suicide rate but, with your support, we believe we can become the most suicide-safe region in Australia.

Grapevine Group has operated since 2004, and is a registered charity. The group is operated by volunteers from within our local community and relies on community support for its fundraising which is put back into suicide prevention programs and initiatives in our region. All funds raised in the Mackay region, stay in the Mackay region.

Whether it's a small donation or a big one, your contribution will make an essential difference and go a long way to making Mackay suicide-safe.

### Where do the funds go?

- Providing safeTALK and ASIST suicide prevention training
- Training courses to fund more Livingworks safeTALK trainers
- 1000s of printed Help-a-Mate Local Resource List Cards
- Awareness campaigns

### Any questions?

We're happy to help. Email your enquiry to: [secretary@grapevinegroup.org.au](mailto:secretary@grapevinegroup.org.au)

### Tax Deductible Donations:

Grapevine Group has Deductible Gift Recipient Status and donations over \$2 are tax deductible.

### Bank online:

BSB: 034-195

Account number: 873658

Please include your surname in reference.  
(This is important to include)

### Post a cheque:

Please make your cheque out to:  
Grapevine Fund

Post your cheque to:

Grapevine Group Assoc Inc.

PO Box 1465 Mackay Q 4740

### Like a receipt?

Please email [secretary@grapevinegroup.org.au](mailto:secretary@grapevinegroup.org.au) with your details and amount donated and we will email one back or, include your details and email address with your cheque.

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

Find out more about signing up for free safeTALK suicide prevention training for your workplace, sporting organisation or community group.  
Go to [www.grapevinegroup.org.au](http://www.grapevinegroup.org.au)



Sign up for  
**SafeTALK**

# Free suicide prevention training

MACKAY REGION

You can join the campaign to make Mackay the most suicide-safe region in Australia.



safeTALK is presented by LivingWorks' qualified trainers and provides educational and factual information that encourages suicide alertness and promotes suicide-safer communities.

You, your staff, your students, or your organisation's volunteers and sports players, can benefit greatly from safeTALK.

## REGISTER NOW OR GET MORE INFO

Email: [training@grapevinegroup.org.au](mailto:training@grapevinegroup.org.au)

## DONATIONS AND SPONSORS

Want to make a donation or sponsor safeTALK training for your workplace, community group or sporting team? Contact us at: [secretary@grapevinegroup.org.au](mailto:secretary@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.

This vital training is available to anyone 15 years and older.

### What happens in safeTALK?

See video role-play reminders about why suicide alertness matters.

Hear how open, direct talk about suicide can increase safety.

Discuss barriers to helping. Practise basic steps to help.

### 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



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It's about mates helping mates

Proudly supporting  
**Lifeline**

Mackay Sugar  
**Run for MI Life**

SIGN UP FOR SAFETALK IS A LIFE-SAVING CAMPAIGN BY GRAPEVINE GROUP AND SUPPORTED BY LIFELINE AND RUN FOR MI LIFE