

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



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

[facebook.com/grapevinegroup](https://facebook.com/grapevinegroup)

*It's about mates helping mates*

Proudly supporting  
**Lifeline**

Mackay Sugar  
**Run for MI Life**



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

[facebook.com/grapevinegroup](https://facebook.com/grapevinegroup)

## About Grapevine Group

The Grapevine Group Assoc Inc is a locally-founded community group which delivers suicide prevention training and awareness in the Mackay region. To date, our organisation has proudly trained over 4,000 people in our community.

Suicide is still considered a taboo subject and surrounded by stigma and shame which often 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'. This means they're not hearing about the resources available to them. By funding the public through free safeTALK suicide prevention training, Grapevine Group is working to change that.

To raise awareness Grapevine also promotes the list of local suicide prevention resources online and on printed Help-a-mate cards which assists the Mackay region to find help. You can find the list at [www.grapevinegroup.org.au](http://www.grapevinegroup.org.au) or you can visit a Help-a-mate Hub near you to collect your Help-a-mate cards.

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. If you would like to donate, volunteer, or learn more about prevention training contact [secretary@grapevinegroup.org.au](mailto:secretary@grapevinegroup.org.au)

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 FACTS:

Just how big is the issue of suicide in Australia?

- Suicide is the leading cause of death for both adult males and females aged 15 - 44 years.
- Every day about 8 Australians die by suicide and an attempt is made every 7 minutes. For every death by suicide, it is estimated that as many as 30 people attempt to end their lives. The estimate of suicide attempts each year is approximately 78,000.
- The 2017 Australian Bureau of Statistics (ABS) reports 3,128 people died from suicide, which is a 9.1% increase over the previous year.
- More than 3 out of every 4 deaths from suicide are men.
- Each year there are more deaths from suicide than there are road accidents.
- Suicide costs our nation over \$17 billion every year.
- Regional and rural areas are at greater risk.
- The rate of Aboriginal and Torres Strait Islander suicide remains twice as high as the general population.
- Studies recognise the LGBTIQ community is at higher risk of suicidal behaviours.
- The Mackay region has a high rate of suicide.

Identifying suicide warning signs and finding appropriate assistance has been proven to 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](mailto:secretary@grapevinegroup.org.au)



KEEP UP TO DATE WITH WHAT GRAPEVINE IS UP TO: LIKE [www.facebook.com/grapevinegroup](http://www.facebook.com/grapevinegroup)

Feb 2019v1