



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

# sports information pack





Dear Supporter,

First of all, thank you! Your interest in Grapevine Group's proven safeTALK and ASIST programs already means the Mackay region is another step closer to making our community a suicide-safer place to live, work and play.

Thanks to our wonderful partnership with Run For MI Life, and the support from Mackay Community Foundation, we are able to provide your organisation with lifesaving safeTALK and ASIST training.

Special mention, too, to LivingWorks – the organisation which has developed these programs and supports Grapevine Group in delivering a simple yet effective suicide prevention training with excellent resources for participants. Read more about their programs at [www.livingworks.com.au](http://www.livingworks.com.au)

The safeTALK program is something every member of your club – from the players to coaches, managers, first aid officers and even parents, supporters and volunteers – can have access to. This will empower you to know what to do, and how to have the conversation, when someone is at risk of suicide.

During the three-hour safeTALK course, you will learn how to become more alert to the prevention opportunities and offer help. You will explore why invitations for help are often overlooked, share helpful resources and services in your community, learn to link people at risk with suicide first aid help, and know how to keep yourself and others safe.

ASIST (Applied Suicide Intervention Skills Training) is a two-day interactive workshop in suicide first-aid. It teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety and link them with the help they need.

ASIST can be learned and used by everyone – as long as they are aged 16 or older. That means anyone in your club – or in individual teams – could be trained to have the skills they need to save someone from suicide. This is recognised as the world's leading suicide intervention workshop and is scientifically proven to reduce suicidality for those at risk.

By doing this training, you are giving hope and helping to empower a community: You are part of the solution!

So, how can we help?

Grapevine Group can deliver safeTALK training to everyone in your sporting group or organisation. In addition, for organisations with 15 people or more, we can provide the comprehensive ASIST training to key members of your club. This is something you should make well known to everyone involved with your

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

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organisation, no matter who they are, because these are the people trained to respond if a member of the team – or greater community – needs help or is concerned for someone they know.

Again, by signing up for safeTALK and ASIST, you are making an incredible difference to how our community talks about and deals with suicide. You're making a real difference; and empowering everyone associated with your club to be part of a solution.

Email [training@grapevinegroup.org.au](mailto:training@grapevinegroup.org.au) to make your training booking. Thanks again for making the Mackay region a more suicide-safe community!

You can find the Mackay region's list of local suicide prevention resources at [www.grapevinegroup.org.au](http://www.grapevinegroup.org.au) or collect Help-a-Mate cards with the list printed on the inside of them from your nearest Help-a-Mate Hub to distribute.

More information is available on our website and Facebook pages:

- [www.grapevinegroup.org.au](http://www.grapevinegroup.org.au)
- [www.facebook.com/grapevinegroup](http://www.facebook.com/grapevinegroup)

Other important links you might like to check out:

- Lifeline 13 11 14 [www.lifeline.org.au/gethelp](http://www.lifeline.org.au/gethelp)
- Suicide Call Back Service 1300 659 467 [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)
- Kids Helpline 1800 55 1800 [www.kidshelp.com.au](http://www.kidshelp.com.au)
- MensLine 1300 78 99 78 [www.mensline.org.au](http://www.mensline.org.au)

Your training is provided for free but we encourage you to dig deep and make a 'Pay It Forward' donation to allow others in our local community to benefit from suicide prevention training. Grapevine Group is a registered charity and donations of \$2 or more are tax deductible.

Kind regards

Laurence Manning  
President, Grapevine Group



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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

Sign up for  
 ASIST

# 2 day **suicide** **intervention** training

MACKAY REGION

**ASIST has saved and changed hundreds of thousands of lives around the world.  
You can join the campaign to make Mackay the most suicide-safe region in Australia.**



ASIST is presented by LivingWorks' qualified trainers and is suitable for everyone. ASIST can also provide an important link within networks for those who are safeTALK trained to be supported, helping create suicide-safer communities. You, your staff, your students, or your organisation's volunteers and sports players, can benefit greatly from ASIST.

## **REGISTER NOW OR GET MORE INFO**

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

## **DONATIONS AND SPONSORS**

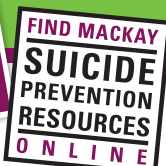
Want to make a donation or sponsor ASIST training for your workplace, community group or sporting team? Contact us at: [secretary@grapevinegroup.org.au](mailto:secretary@grapevinegroup.org.au)

### **What does ASIST (Applied Suicide Intervention Skills Training) offer participants?**

ASIST is a FREE two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognise when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety and link them with further help if required.

Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop — ASIST can be learned and used by everyone. That means just about anyone aged 16 or older can learn the skills to intervene and save someone from suicide. Professionals as well as members of the broader community have all found great value in ASIST.

ASIST is recognised as the world's leading suicide intervention workshop and is scientifically proven to reduce suicidality for those at risk. A 2013 study that monitored over 1,500 suicidal callers to crisis lines found that callers who spoke with ASIST-trained counsellors were 74% less likely to be suicidal after the call, compared to callers who spoke with counsellors trained in methods other than ASIST. Callers were also less overwhelmed, less depressed, and more hopeful after speaking with ASIST-trained counsellors.



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*It's about mates helping mates*

**You can make a difference...**

SIGN UP FOR ASIST IS A LIFE-SAVING CAMPAIGN BY GRAPEVINE GROUP & RUN FOR MI LIFE



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 facebook.com/grapevinegroup

# Help promote suicide prevention in the Mackay region by becoming a **safeTALK Ambassador**

Receive your own safeTALK Ambassador jpeg post to share on social media and let your friends know you are trained in suicide prevention. Your support will encourage other people to undergo FREE safeTALK suicide prevention training.

## It's really simple!

- 1 Complete safeTALK training
- 2 Go to our website [www.grapevinegroup.org.au/safetalk-ambassador](http://www.grapevinegroup.org.au/safetalk-ambassador)
- 3 Read the conditions
- 4 Enter your details
- 5 Choose a pre-written quote of what you gained from safeTALK or write your own
- 6 Upload a picture of yourself (Note: Photo must include upper body)
- 7 Submit and we will email you a jpeg that can be uploaded to your social media. You will receive a badge and certificate in the mail.

### DO YOU NEED A GREAT PHOTO?

In Mackay township and want a free professional portrait for your post?

CONTACT

Loren Jon Photographer 0438 130 962  
 lorenjonphotographer@gmail.com

### SAFETALK AMBASSADOR



**"Somehow we have all been touched by suicide. But safeTALK is one way we can all make a difference."**

- Belinda Puckridge, Mackay Taking Shape Manager and Run for MI Life Committee Member

Register now for FREE suicide prevention training at [grapevinegroup.org.au](http://grapevinegroup.org.au)

Mates helping mates



Proudly supporting Lifeline



### SAFETALK AMBASSADOR



**"safeTALK has given me the confidence to talk about suicide. I'm so grateful I have these skills."**

- Gavan Porter, Mackay Charles Porter & Sons Pty Ltd

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## About Grapevine Group

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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 5,000 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 over 65,000.
- 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 attempts are made by females but more than 3 out of every 4 deaths from suicide are male.
- 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](https://www.facebook.com/grapevinegroup)

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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 community and relies on community support for its fundraising which is put back into local suicide prevention programs and initiatives. 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 organisation or surname in the 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.

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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)



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March 2019v1