



Calm Suicide Intervention

Duration: 2 half-days (or one day face-to-face where available).

Suicide prevention and intervention. This workshop will show you how to develop a safety plan and be the primary support for someone who is struggling.

Learn how to understand, respond to and prevent suicide. An evidence-based Australian training program that empowers you to have a 'CALM conversation' about suicide to reduce stigma, promote help-seeking and save lives.

CALM empowers participants to recognise and respond to suicide risk and to support someone through stages of positive intervention, the development of a safety plan, and linking to other services for further help. We deliver the training in a supportive, respectful, and inclusive environment, accepting each individual's differences and considering and adapting to their culturally diverse needs.

CALM helps participants to:

- Recognise the five signs of suicide.
- Make a positive connection.
- Hold space and listen deeply.
- Develop a plan for strength and safety.

What you will learn

- Factors that contribute to suicide
- To recognise signs that someone may be thinking about suicide.
- How and when to ask about suicide.
- How to listen to a person's worries and stressors.
- To develop a plan to help the person to stay strong and safe.

What you will receive

- The CALM model to guide you through all four stages of an intervention.
- A 24-page Workbook including knowledge and skills to guide you through all stages of the conversation, including a list of National Helplines and Websites in Australia.
- The "Be Calm" app or worksheet for the person needing hope to create and record their safety plan.
- A wallet card to prompt and guide you during an intervention.
- Reading materials to further your learning and development.
- A printed certificate of attendance.
- Presented by a fully accredited and qualified CALM trainer.

Learning outcomes

- What to do and say to someone thinking about suicide
- How to recognize the often overlooked subtle signs that someone may be thinking of suicide.
- Different and more effective ways of asking someone about suicide.
- How to keep CALM and comfortably continue a conversation after asking about suicide.
- How to help someone talk about their worries and concerns.
- How to help the person not feel judged,, but rather understood and supported.
- How to help the person see that suicide might not be the only answer and that safety could be an option for them.
- How to work together on a commitment to safety.
- How to guide the person to set-up and use the 'Be Safe' app.
- How you can use the 'Be Calm' conversation app on the spot when you start that conversation.
- How to follow up and monitor the person's progress.

[Book Suicide Prevention and Intervention Training](#)

Suicide is never the only option. Join us in being a part of Australia's suicide prevention solution.