



Wesley LifeForce Suicide Prevention Training

Learn practical skills to support someone in distress.

Join a practical, evidence-based workshop that builds your skills and confidence to recognise when someone may be at risk of suicide and how to respond safely and compassionately.

You'll learn:

- How to use safe, supportive language
- How to ask about suicide
- Active listening strategies
- Safety planning and self-care
- Risk and protective factors
- How to connect someone with support services.

Have a question?

Email lifeforce@wesleymission.org.au
or call 1800 100 024



This program is accredited with Quality Innovation Performance Limited (QIP), assessed against the Suicide Prevention Australia Standards for Quality Improvement.

Wesley LifeForce gratefully acknowledges the funding provided by the Australian Government.

EVENT DETAILS:

Date: Tuesday, 22 September 2026

Time: 9.30 am to 1.30 pm

Location: CWA Hall, 22 Cudgery St,
Dorrigo, NSW 2453

Cost: Free

Light refreshments provided

Places are limited– please register



**Scan the QR
code
or
Register here**