

# REACH OUT AND CONNECT

## The Suicide Conversation for Parents and Carers

Join us for this in person training facilitated by Lived Experience Practitioners from LifeConnect Neami National, to help recognise and support people who may be at risk of suicide.  
**Supportive connection is early prevention.**



Partner with:



### Topics covered include

- Understanding suicide and suicidal thinking.
- Recognising risk factors for young people with suicidal thoughts and behaviours.
- Gaining confidence in asking appropriate questions and listening with empathy.
- Supporting the wellbeing of family members with suicidal thoughts and behaviours.
- Learning how to play a role in community suicide prevention.

You can choose one of the sessions that suits you:

**Date:** Monday 6 May

**Time:** 10am - 12 noon (Workshop followed by lunch)

**Location:** 1616/1624 Burwood Hwy, Belgrave Community Hub

**Date:** Thursday 16 May

**Time:** 10am - 12 noon (Workshop followed by lunch)

**Location:** Suite 3, 50 Upper Heidelberg Road, Ivanhoe

**Any questions, please contact:**

**Phone:** 8850 4136

**Email:** [chuck.cheng@accesshc.org.au](mailto:chuck.cheng@accesshc.org.au)



**RSVP essential**