

Community Training Options

Social & Emotional Wellbeing

Build confidence to support those who are experiencing difficulties and stress.

	Mode	Cost	Supporting Others	Self-Care	Coping with Stress	Managing Insomnia	Mindfulness
Accidental Counsellor	Online	Free	✓	✓	✓		
	Face to Face	At cost					
This Way Up	Online	Free			✓	✓	✓

Suicide Awareness

Recognise and respond.

	Mode	Cost	Supporting Others	Recognise Signs	Responding	Referral Pathways
LivingWorks Start	Online	Free	✓	✓	✓	
SafeTALK	Half day Face to Face	At cost	✓	✓	✓	✓

Community Connections Customised Workshops

Let's chat about the challenges your community face in a safe and supportive way.

	Mode	Supporting others	Managing Stress	Self-Care	Referral Pathways	Your Related Topics
Workshop	1 - 2 hrs Face to Face	✓	✓	✓	✓	✓
Attendance @ Event or Meeting	Face to Face	A facilitator can visit to talk about health and wellbeing as well as training options and services in your area.				

For more information or to enrol, please contact Community Connections at connect@lifelinedarlingdowns.org.au or 1300 991 443

Available until June 2020

Accidental Counsellor

By completing Accidental Counsellor, you will learn to:

- Feel more confident about how to best respond to a person in need;
- Respond to a person's emotional pain and establish feelings of safety and trust;
- Help people discover their own solutions to the challenges they face; and
- Identify wellness habits which can be applied to your own life and help others improve wellbeing.

Online Package:

Free through Community Connections

Learn these valuable skills over approximately 9 hours. Enrolment is self-paced and provides access to other training courses related to mental health and wellbeing, responding to distress, managing difficult conversations, responding to grief and loss, managing anxiety, and more.

Face to Face Workshop:

At cost

Allow us to help organise and facilitate a group session in your community. Session length can range from half a day to one day depending on your group's availability and needs.

This Way Up

Free access at <https://thiswayup.org.au>

THIS WAY UP is a range of **self-paced online** courses with some at no cost including: Coping with Stress, Managing Insomnia, and Introduction to Mindfulness. Other courses are available through a referral from a GP, with topics including depression, anxiety and panic disorder.

LivingWorks Start

Free through Community Connections

LivingWorks Start is a **self-paced online** training program which takes **60-90 minutes** to complete. In LivingWorks Start you will learn foundational skills for how to recognise when someone has thoughts of suicide and take action to connect them to an intervention provider. It is possible to access the training on any computer, smartphone or tablet.

SafeTALK

At cost

This **half-day face-to-face** training program teaches participants to be alert to suicide as a risk to people's lives and responsive when they detect the risk arising. The skills taught in safeTALK are designed to give participants a short, clear process that anyone over the age of 15 years can follow to become a 'suicide alert helper' in their own community.

Community Connections Workshop

Free through Community Connections

A one to two-hour interactive workshop tailored to your group held in your community space. Topics covered will include supporting others, managing stress, self-care and referral pathways. During this workshop we can chat about the particular stressors impacting people in your community.

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