



Training,
Processes &
Strategies

suicideTALK

Should we talk about suicide?

SuicideTALK is a 1.5- to 2-hour exploration in suicide awareness. It provides a structure in which participants can safely explore some of the most challenging attitudinal issues about suicide. It is organized around the question: "Should we talk about suicide?". Its goal is to help make direct, open and honest talk about suicide easier.

Such talk may:

- encourage life-protection, preservation and promotion activities,
- facilitate awareness of suicide as a serious community health problem,
- reduce the stigma and taboo surrounding suicide,
- increase personal commitment to and action in preventing suicide

In addition, participants will have the opportunity to:

- increase their suicide awareness and literacy;
- clarify their personal attitudes and views about suicide;
- establish a network of persons willing to discuss suicide and other issues related to mental health and well-being;

the organization will:

- provide a structure and a safe environment for participants to talk about suicide;
- promote and enhance the resilience of individuals and the organisation by breaking down taboos around suicide talk;
- build the foundation of an organisation which looks to promote the mental health of it's workforce.

Group size: Minimum 10, Maximum 25 participants.

RICO Training,
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