



CALL
for help

suicide awareness

connect with someone who cares

LET'S TALK ABOUT SUICIDE

It's natural for all of us to feel concerned about the people around us, but sometimes we don't know what to do to help – especially if we're worried that they might be thinking of suicide.

Find out what you **CAN** do to help
by attending a **CALL** *for help* session.

You will learn:

- **How to recognise “calls for help” – signs that someone might be thinking about suicide**
- **How to ask someone if they are thinking of suicide**
- **The practical steps you can take to help keep the person safe from suicide**

This session is delivered as a 3-hour skills-based workshop and is facilitated by 2 Lifeline accredited suicide prevention trainers to maximise participant psychological safety.

CALL for Help© is an information session designed to support community members who may be concerned that someone they know is thinking about suicide.