



Adam McRae,
Grand Pacific Health



Dr Alex Hains,
The Collaborative



Carrie Lumby,
Lived Experience



Dr Rebecca Sng,
Grand Pacific Health

This interactive workshop will get you up to date with the latest in psychological treatments for suicidality.

Facilitated by experienced presenters, you will:

- learn how to understand what is driving a person's suicidal thoughts and behaviours;
- hear from people with lived experience of suicide, including what they found helpful & unhelpful in therapy;
- have the chance to practise what you can do to increase people's safety now and throughout therapy; and
- gain access to resources and tools to help you be more effective in your work.

**FREE
LOCAL
CPD**

**The evidence has changed!
This is your chance to get up-to-date.**

Shoalhaven

Monday 21st October
9am – 4pm
Grand Pacific Health Centre
107 Scenic Drive Nowra

OR

Illawarra

Tuesday 29th October
9am – 4pm
Shellharbour Civic Centre
76 Cygnet Ave, Shellharbour

HOW DO I SIGN UP?

To gain free entry to the training, complete a 20 minute self-assessment tool via:
www.suicidepreventioncollaborative.org.au/selfassess

At the end of the self-assessment you will receive a code. Send this code and your preferred training day to suicideprevention@coordinare.org.au by Wednesday 16th October to reserve your seat!



"The self-assessment tool has shown me just how much things have changed in terms of best practice for working with suicidal clients"
– Ellen, Kedesh