

CQ SUICIDE PREVENTION PLAN

CALM C-A-R-E SUICIDE AWARENESS WORKSHOP

Thursday 15th April 2021
9 am to 12.30 pm

BYFIELD HALL

Free to attend: light refreshments

*An initiative funded by the Queensland Government, Tackling
Regional Adversity Through Integrated Care grant program.*

COVID-19

People must not attend the workshop if they have any COVID-19 symptoms.

- ◆ Stay at home if unwell or have a cough, fever, sore throat, Fatigue or shortness of breath.

Maintaining physical distancing requirements is the individual's responsibility.

Whilst we will be practicing physical distancing: we're still socially-connected.

ORDINARY PEOPLE BECOMING COMMUNITY HELPERS:

- We are living in unprecedented times.
- Many of us want to know how we can help support our friends, family, loved ones and colleagues.
- The CALM C-A-R-E program shows people how to have 'Calm conversations that can save lives'.
- Workshops are delivered by local trainers accredited to deliver the CALM C-A-R-E half day program to their community.
- More information on the developers of the CALM program can be found here: <https://www.keepcalm.org.au/our-goals/>

WORKSHOP PARTICIPANTS:

- Living and/or working in the Livingstone Local Government Area - BYFIELD
- Community members, employees, professionals, carers and students.
- Members of sporting groups, service clubs, community groups.
- The workshops are for those people who wish to support those around them: by seeing the signs, making a connection, and ensuring a person's safety.

NEEDING HELP?

If you, or someone you know, are having thoughts of suicide, please seek help. Support is provided by services including your GP, triple 000, Life Line (13 11 14), or Qld Health's 24 hour Mental Health Triage Line (1300 64 2255).

Proudly supported by the Queensland Government; and through the Australian Government PHN Program.

WORKSHOP LOCATIONS: BYFIELD HALL

TRAINING DATE & TIME:

Thurs 15th April 2021
9am to 12:30pm

**** followed by light refreshments.**

RSVP: Friday 9TH April 2021

**** registering is essential.**

**** free to attend.**

CONTACT SCHARRYN TO REGISTER:

Trainer: Scharryn Kneen

Phone: 0407 147 778

Email: slabkneen@bigpond.com

Please advise of any dietary and accessibility requirements

GENERAL ENQUIRIES:

Central Queensland Rural Health

Email: admin@cqrdgp.com.au

Phone: Helen on 07 4992 1040

