



SUICIDE PREVENTION AND MENTAL WELLNESS TRAINING PROGRAMME FOR

WORKPLACES
SCHOOLS
SPORTS TEAMS
COMMUNITIES

Our team has 20+ years of suicide prevention and mental wellness training across New Zealand.



A-OK - 'Acts of kindness' that enable life-supporting communities.



ABOUT A-OK.NZ

A-OK.NZ is a suicide prevention and mental wellness programme for workplaces, schools, sports teams and communities.

A-OK.NZ offers a spectrum of support skills to *enable immediate support at the ground level, within your workplace, your school, your sports team and within your community.*

The skills or acts of kindness offered is life-supporting conversations. By the end of the programme your organisation will be able to have these conversations safely. There are some key support roles that every organisation should have to ensure their organisation is life-supporting. While the programme is focused on preventing suicide, it can also help workplaces to reduce harm and increase health and safety.

QUALITY AND SAFE PROGRAMMES & FACILITATORS

A-OK offers a collection of both internationally recognised, evidenced-based programmes and nationally developed programmes to safely deliver and up-skill your organisation and community to enable life-supporting conversations and support.

Our team has 20+ years of training bringing quality internationally developed training content and a NZ context together. Our programmes have been cultured and localised to ensure the learning is relevant and transferable to anyone that is willing to take up a specific support/helper roles within their own organisation and community.

Program Developers / Partners

Livingworks - internationally recognised suicide prevention training provider
National Training Centre of Suicide Prevention
1 Degree Workshops
A-OK.NZ



A-OK SUPPORT PROGRAMME Five Levels of Support

We offer a multi-level response approach that ensures that your organisation can recognise signs of distress and know how to respond immediately. We also recognise, everyone has a role in mental wellness and suicide prevention but everyone can also be limited in what they can do in that moment.

Recognising our limitations as helpers is key to ensuring we work in a collaborated approach and know who we can ask for help from next if we reach our own limitations.

We have named these helper roles below to ensure that training that is offered meets the need of both the helper and the person in need.



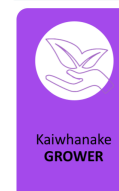
Everyone needs to be **AWARE** of the various states of mental wellbeing and approaches to suicide prevention including resources, services and helper roles around them.



A CONNECTOR helper can recognise distress and signals of help, is able to check in and provide connections to local resources, services and other helper roles if needed.



A SAFETY AIDER helper is able to use their suicide first aid skills to create a safety plan that keeps a person safe from harm or suicide and increase their safety supports.



A GROWERS helper is able to support a person who has recently been at risk of harm or suicide and is trying to recover and grow through these experiences towards living life.



A SAFETY SUPPORTER helper are the families, colleagues, friends, members, community that are holding the safety space for the person who is in need of safety from harm or suicide.



A-OK.NZ RANGE OF WORKSHOPS & ROLES WITHIN A LIFE-SUPPORTING COMMUNITY



Aroā
AWARENESS

1. AWARENESS TRAINING: 60 MIN PRESENTATION FOR EVERYONE

SCOPETALK is an introduction talk to mental wellness. It highlights key messages around being human, having feelings and various states of wellbeing in life. The Hauora model is introduced to evaluate safe coping and support resources. An opportunity to check in on oneself.



A-OK AWARE is an introduction talk to suicide prevention, creating an awareness that suicide can be prevented as a community by being able to have safe conversations and awareness of the different kinds of helper roles and options available for support



Tūhono
CONNECTOR

2. CONNECTOR TRAINING: 3-4 HR TRAINING FOR EVERYONE

CHECKMATE - Learn how to CHECK in on your MATES signals of distress and be able to use the CHECK steps to navigate relevant connections of support and safe coping activities.



SAFETALK - A Livingworks developed Suicide Alertness For Everyone Training to enable 4 key talk steps to enable a connector helper to confidently have a conversation about suicide and connect them safely to available and accessible keep safe connections.



Kaiawhina
Haumarū
SAFETY AIDER

3. SAFETY AIDER TRAINING: 1 - 2 DAY PRACTICAL SUICIDE FIRST AID TRAINING

Recommend at least two safety aider helpers on shift/ on call.

SUICIDE FIRST AID 1-day training that equips and up-skills helpers to conduct a talking intervention, that is guided by a suicide first aid safety guide. Whether suicidal thoughts are present or not, this guided approach provides a safety plan from suicide and a range of unsafe coping activities.



ASIST (Applied Suicide Intervention Skills Training) 2 day ASIST training for this helper role. A Livingworks developed programme, ASIST is world renowned for its effectiveness and practical-based training that has been adapted to a NZ context with inserts from key Hauora based frameworks. A very practical workshop that has collaborated safety focus to suicide as best practice. We highly recommend you attend this course.



Kaiwhanake
GROWER

4. GROWERS: HALF DAY - 1 DAY TRAINING FOR RECOVERY / GROWTH SUPPORT

Recommend every organisation has someone trained as a Grower

GROWING FORWARD - For Managers, Supervisors, Human Resources and Carers

This training will equip you and your organisation to understand the needs of someone who has recently been at risk of suicide or been mentally unwell or recently bereaved and is returning back to work, school, sports or just life. You will learn how to support their transition towards wellness and growth



SUICIDE TO HOPE - For clinicians and professional support

A Livingworks programme designed to support and upskill the clinician / professional helper to support a person who has recently been at risk from suicide and is currently safe and desires a journey away from suicide through a recovery and growth approach.



Also
available
online





Life-Supporting Communities

Workplaces, Schools, Sports Teams



Enrolling your organisation into the programme

If you are interested in enrolling your organisation into the A-OK Support Training Programme, please contact us on info@a-ok.nz or call us on 027 854 6988

We do have both online and face to face options
We can also tailor the programme to suit your organisational needs.

Workshop size

There is a cap on numbers for some of the levels and online options

- Awareness - online and offline - up to 50
- Connector - online (up to 12), offline - up to 25
- Safety Aider - online (up to 12), offline - up to 20
- Growers - offline - up to 10

The organisation provides the space, however we can assist if this is not possible.

Workshop location

We do encourage organisations within the same region to work collaboratively to share the costs.
For small sized groups, we do run public schedule workshops across NZ regions 3-4 times a year.
Check out www.a-ok.nz/nationwide

COST FOR THIS PROGRAM

The costs does not include travel / accommodation if required and is GST excl.

AWARENESS

- SCOPETALK - 1 hour, \$500 - \$750
- A-OK AWARE - 1 hour, \$500 - \$750

CONNECTOR

- CHECKMATE - 4-hr workshop, \$1700
- SAFETALK - 4-hr workshop, \$1700

SAFETY AIDER

- Suicide First Aid - 8 hrs, up to 20 people - \$2500
- ASIST Training - 2 days - up to 20 people - \$5000

GROWERS

- Growing Forward - 8 hrs - \$2500
- Suicide to Hope - 8 hrs - \$2500

1 Degree - Subscriptions available after completion of the workshops

Wellbeing and Suicide Prevention Training