



MATES TALK

1 Hour Suicide Awareness Talk For Everyone Training

Increase the awareness around mental wellness and suicide prevention
Introduce life-supporting conversations and how everyone can have them.

MATES TALK

An opportunity to have a conversation with your entire organisation about the importance of having life-supporting conversations with your work mate, your families, your friends and people you work with.

Focus: AWARENESS

Duration: 60 mins

Participants: Anyone 15 years or older

Trainers: Anyone who has completed the ASIST

Developers: A-OK Collaboration

How MATES TALK Works

An organisation can organise to have a local facilitator run this one hour talk for their staff, team, community and organisation.

A trainer and a support person will be present to ensure there is sufficient support provided during the awareness training.

If your organisation is developing a safe response to distress and suicide prevention, this is a great start toward informing people of the various helper roles that could be made available.

Training Process

MATES Talk is a presentation.

Due to the time restraint the MATES talk is scheduled for a 60 min delivery. It features presentation and interactive elements. Trainers will facilitate participants' involvement through:

- Trainer presentations
- Diverse selection of audiovisuals
- Interactive discussion and questions amongs the audience
- MATES TALK wallet card

Goals and Objectives

MATES TALK helps participants become aware of suicide and mental distress and it informs them of different kinds of help they can alert to be able to respond.

Over the course of an hour, you will learn the following

M - who is the local organisation that provides this training

A - Aware of the facts, core beliefs that drive our work

T - Talking helps - why we need to talk and how this helps

E - Explore the person in needs, needs.

S - Safety support options that are available to this person in need and to the helpers.

Who should attend MATES TALK

Everyone needs to attend MATES talk.

Even if you do not have the capacity, the skill or confidence to talk to someone in need, it is important to know what your organisational response is and who you can alert to get that support to the person in need.

'Everyone has a role in suicide prevention'

Price: \$500