



TO CONTACT

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**Available
Nationwide**
Suicide Prevention
Training

**TRAINING THAT BUILDS
LIFE-SUPPORTING
WORKPLACES
SCHOOLS
SPORTS TEAMS
COMMUNITIES**

**PROFESSIONAL DEVELOPMENT
#LIFESUPPORTINGCONVERSATIONS**

A-OK.NZ delivers a wide range of training to build life-supporting communities across New Zealand

Our workshops are internationally recognised, proven effective to prevent suicide and help keep people connected and safe.

As a team we have been delivering these programs for the past 10 years across New Zealand.

Our workshops are delivered with a New Zealand context and New Zealand stories.

A-OK Workshops For Everyone

safeTALK

4 Hour Suicide
Alertness Training

NATIONAL AMBASSADORS

We have 30+ ambassadors across New Zealand whom we work very closely with.

Our Ambassadors meet 3 times a year to share their community-led solutions and support the delivery of these workshops within their regions to help build a community that can have life-supporting conversations.

REGIONALLY FOCUSED

We deliver our workshops nation-wide. We currently have ambassadors in each of these regions:

Northland
Auckland
Waikato
Bay of Plenty
Taranaki
Wairarapa
Manawatu

Gisborne/Napier
Wellington
Tasman/Marlborough
Canterbury
Otago
Southland
West Coast

WE BELIEVE

We believe that everyone can have life-supporting conversations to build life-supporting communities

CHECKMATE

Workplace / Team
Wellness and Support
Training

HOPEHEROES

Help-Seeking Skills
For Students In Schools

SFANZ Suicide First Aid 1 Day - Suicide Intervention Training

ASIST

2 Day Practical Suicide
Intervention Training

WE DELIVER TO

Workplaces - Tailor To Different Industries
Schools - Intermediate, College, Tertiary
Sports Teams - Coaches / Players
Organisations - NGOs, Government, Private
Health Professionals / Social Services

suicide toHope

1 Day Suicide Recovery
And Growth Training

BUY AN A-OK Reusable CUP



Promote #lifesupportingconversations
Proceeds go to providing free workshops
Be kind to the environment