

Appendix B: Suicide and mental health training in Western Australia

Organisations that run programs for professionals working with young people with mental health problems

Organisation	Country	Website
Drug and Alcohol Office	Drug and Alcohol Office provides range of knowledge and skills-based training for those working with people with both co-occurring alcohol and other drug issues and mental health issues. All Training@DAO calendar events are free of charge.	http://www.dao.health.wa.gov.au/Educationandtraining/TrainingDAOCalendar.aspx
Youth Focus	Youth Focus training can assist professionals in responding to young people with mental health issues. Youth Focus provides training on request from workplace. While Youth Focus has a number of core programs, they specialise in the development and delivery of tailored programs that deal with specific issues identified in the workplace.	http://youthfocus.com.au/training-education-programs/community-2/
YouthLink	YouthLink offers a variety of training that is suitable for Youth Workers. Training sessions including working with young people with complex needs, suicide prevention, mental health and cultural training. Additionally, individual agencies may request education and training workshops tailored to their specific requirements.	http://youthlink.perthwa.net/training.html

Suicide and mental health training

Training	Detail	Website
Aboriginal & Torres Strait Islander Course	Organisation: Mental Health First Aid Length: 14 hours (6 modules) This course aims to provide people the skills to support an Aboriginal or Torres Strait Islander adult who is experiencing a mental health problem or crisis.	https://www.mhfa.com.au/cms/
Applied Suicide Intervention Skills Training (ASIST)	Organisation: YACWA Length: Two days ASIST is a two day interactive workshop that aims to provide a person with the skills to respond appropriately to someone at risk of suicide.	http://www.yacwa.org.au
ASIST T4T	Organisation: Living Works Length: 5 days ASIST T4T is a five day train the trainer program that prepares individuals to be able to prepare and present the ASIST workshop.	http://www.livingworks.net/programs/asist-t4t/
First Aid Course in Suicide Prevention	Organisation: The Salvation Army Length: 1 hour (Online) This one hour online training enables participants to identify warning signs of a suicide crisis and how to questions, persuade and refer someone to help. This is known as the QPR (Question, Persuade and Respond) approach. This course is free of charge	http://suicideprevention.salvos.org.au/training/qpr-suicide-prevention
Grieving Aboriginal Way	Organisation: Anglicare WA Length: 1 day This training addresses the impact of suicide related grief and loss from an Aboriginal perspective.	http://www.anglicarewa.org.au/training-courses/training-services/professional-development/default.aspx

Suicide and mental health training cont.

LifeForce suicide prevention workshop	<p>Organisation: LifeForce</p> <p>Length: 1 day</p> <p>LifeForce suicide prevention workshop is a one day workshop that will enable participants to identify warning signs and determine suicide risk.</p>	http://www.wesleymission.org.au/Centres/lifeforce/programs.asp
One Life Gatekeeper Train the Trainer	<p>Organisation: Centrecare Corporate</p> <p>Length: 3 days</p> <p>This train the trainer program aims to provide participants with the necessary skills and knowledge to be able to prepare and present the One Life Gatekeeper Training workshop. Prior completion of the One Life Gatekeeper Training workshop is required.</p>	http://www.centrecarecorporate.com.au/content/10-gatekeeper
One Life Gatekeeper Training	<p>Organisation: Centrecare Corporate</p> <p>Length: 2 days</p> <p>This 2 day workshop aims to improve participant's skills and knowledge in their ability to work with suicidal people and assist in referral pathway advice. Training provided can also be personalised to reflect organisational needs.</p>	http://www.centrecarecorporate.com.au/content/10-gatekeeper
Opening Closets Mental Health Training	<p>Organisation: Gay and Lesbian Community Services</p> <p>Length: 3.5 hours</p> <p>This training aids to assist in improving access to mental health services by raising awareness and developing individual's capability to respond appropriately to Lesbians, Gay, Bisexual, Transgender and Intersex (LGBTI) people.</p>	http://glcs.org.au/training-services/glcs-opening-closets-mental-health-training/
SafeTALK	<p>Organisation: Living Works</p> <p>Length: 3.5 hours</p> <p>This half-day seminar aims to raise awareness within the community of the warning signs of suicide, how to talk to people who are considering suicide and connecting them with help.</p>	http://www.livingworks.net/programs/safetalk/
Standard Mental Health First Aid training	<p>Organisation: Mental Health First Aid</p> <p>Length: 12 hours (4 modules x 3 hour)</p> <p>This course aims to provide people with the skills to provide a person who is experiencing a mental health problem or crisis with appropriate care until professional help can be delivered or until the situation resolves. This course has been adapted for a number of specific groups including Youth Workers.</p>	https://www.mhfa.com.au/cms/
SuicideCare	<p>Organisation: Living Works</p> <p>Length: 1 day</p> <p>SuicideCare is a full day workshop that provides clinical staff with the ability to assist people at risk of suicide on a long term basis. Participants must have completed ASIST training to be eligible.</p>	http://www.livingworks.net/programs/suicidecare/
SuicideTALK	<p>Organisation: Living Works</p> <p>Length: 90 minute to half day session</p> <p>SuicideTALK is a brief seminar aimed at the wider community to raise awareness, reduce stigma and support life to open discussion about suicide.</p>	http://www.livingworks.net/programs/suicidetalk/
Youth Mental Health First Aid course	<p>Organisation: Mental Health First Aid</p> <p>Length: 14 hours</p> <p>This course aims to teach participants the skills to assist adolescents who are developing a mental health problem or crisis. This enables participants to learn about adolescent development and the signs and symptoms of mental health problems, in addition to where and how to get effective help.</p>	https://www.mhfa.com.au/cms/