

Introduction of online suicide prevention training

Dear ESORT Members,

Open Arms – Veterans & Families Counselling (Open Arms) continues to provide 24-hour free and confidential counselling, support and suicide prevention training in the pandemic environment. As a part of Open Arms partnership with RSL to deliver mental health training to the veteran community I am pleased to announce the expansion of our suite of suicide prevention training to include online delivery, to enhance community support for the safety of veterans and their families.

LivingWorks Start: Online Suicide Prevention Skills Training

LivingWorks Start is an internationally-accredited online introduction to suicide awareness and prevention. It is available to veterans, their family members, and anyone who is interested in actively supporting the safety of the wider veteran community; at no cost to participants.

The *LivingWorks Start* online training module provides a brief overview of key knowledge to assist with community suicide awareness and prevention. It has been designed as a flexibly-delivered introduction to the topic, and as a precursor to the more in-depth face-to-face suicide prevention and intervention skills training workshops offered through the Open Arms group program suite. Anyone who has previously attended the *LivingWorks Applied Suicide Intervention Skills Training (ASIST)* and *Suicide alertness for everyone (safeTALK)* education workshops does not need to undertake the *LivingWorks Start* module, however they may wish to do so to refresh their knowledge on the topic.

The *LivingWorks Start* online training takes approximately 60-90 minutes to complete at the participant's own pace and in an internet-enabled location of their choice. The training can be accessed by contacting Open Arms on 1800 011 046 or via the Open Arms website link www.openarms.gov.au/get-support/treatment-programs-and-workshops/suicide-intervention-and-mental-health-literacy-workshops.

24-hour telephone support via 1800 011 046 is also available for training participants should they need it during or after completion of the online program.

Open Arms remains committed to helping ESORT members to build and support safer communities for our veterans and their families through flexible delivery of suicide prevention training in addition to our existing counselling, care coordination and peer support services.

Kind regards,



Dr Stephanie Hodson CSC

National Manager

Open Arms - Veteran and Families Counselling