

awaken

Strategies for prevention of
youth suicide

Youth

gatekeeper training (youth suicide prevention training)

'Gatekeeper Training' is a program that assists those working with young people to identify young people at risk and link them to mental health professionals providing them with the support they need. It is recommended that all teaching and support staff that work in contact with young people attend the training.

The workshops have been designed to improve staff confidence in approaching the topic of youth suicide by focusing on the following key areas:

- * Common myths associated with suicide
- * Issues pertaining to youth suicide
- * How to identify common warning signs and risk factors
- * Safe methods of intervention and referral
- * Self care and arenas of safety

STAFF MEETING WORKSHOP (50 minutes)

This training is suitable for all teaching and support staff. The session has been designed to fit into a regular staff meeting timeslot. All staff can be invited to attend collectively. The workshop provides an overview of the key areas outlined above. The workshop is interactive and provides opportunity for staff input.

HALF DAY WORKSHOP (3 hours)

This training is suitable for all teaching and support staff and is suitable for a maximum group size of 25. The workshop provides extensive information in the key areas outlined above. The workshop is interactive and provides opportunities for staff input through a diverse range of strategies.

donna redman

is a writer and secondary school teacher, working as a Pastoral Care Coordinator in the Wollongong Diocese. She has extensive experience in the area of adolescent wellbeing, life coaching, suicide prevention and has worked as a volunteer telephone counsellor for Lifeline.

In 2013 Donna was awarded the Anika Foundation NSW Premier Teachers' Scholarship to conduct research into the prevention of youth suicide and adolescent depression.

Following the international study tour, Donna has designed a series of 'Gatekeeper Training' workshops for teachers and support staff working with students in the school setting.

To schedule a training session for your school, please contact Donna

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