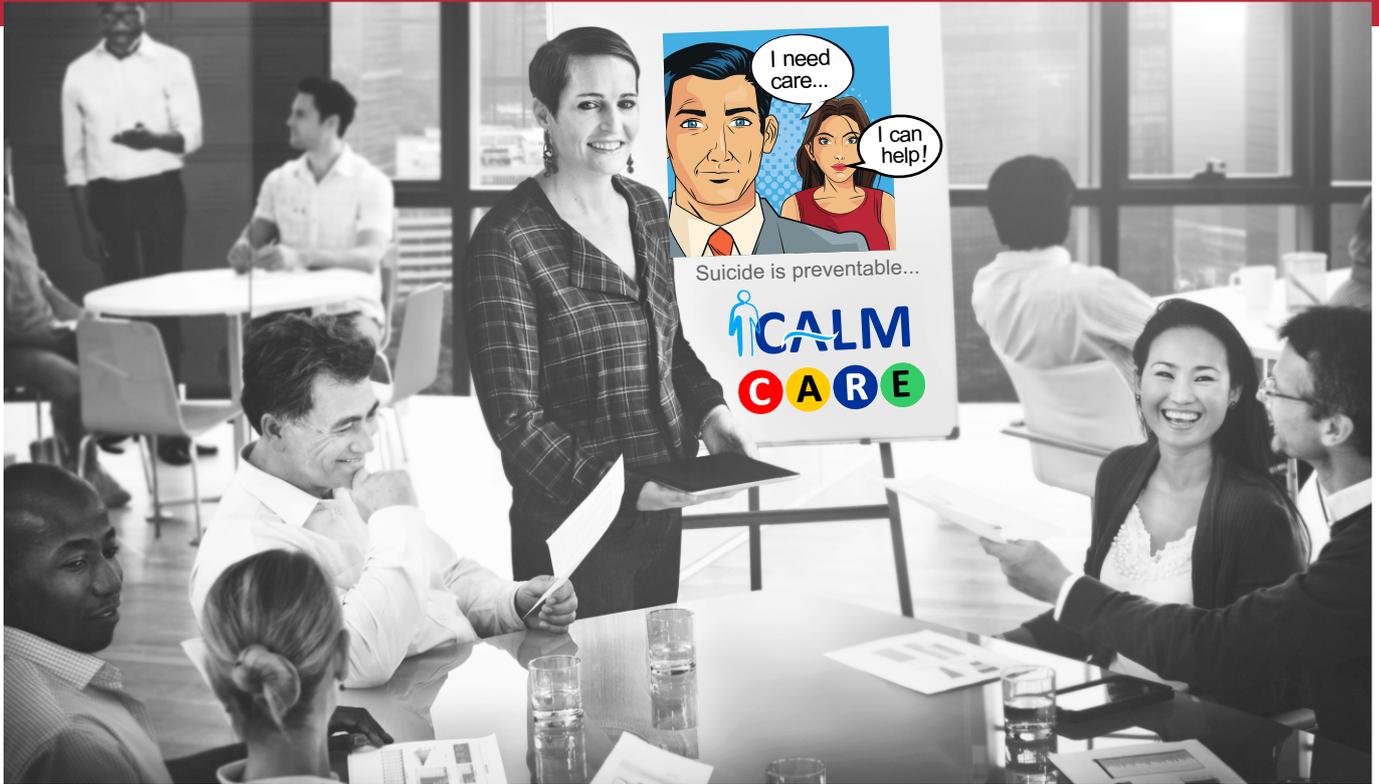


Become a trainer in CALM C-A-R-E

T4T workshops available to individuals and organisations



Train others to become suicide aware

Losing someone to suicide is a tragedy that can be prevented when one has some simple steps to check in with someone who might not be doing so well and needs help. This two day Train the Trainer (T4T) workshop will provide you with the knowledge and resources to help your participants: - be aware when somebody may be thinking suicide; how to open up a conversation in a comfortable and safe manner; and help the person to link into an appropriate referral. This is an evidence-informed HALF-DAY awareness program drawing on the latest research and methodologies.

The T4T is delivered over a 2 days. This ensures that all participants understand the theories, principles and models that underpin CALM C-A-R-E; fully grasp and be able to demonstrate their ability to explain and use the C-A-R-E model of suicide awareness and lastly to gain confidence in their ability to competently deliver this 1/2- day program to their audiences.

Day 1 – The 1/2-Day program will be delivered in its entirety by CALM C-A-R-E trainers to give you a view of the actual presentation. This will be followed in the afternoon with a number of interactive exercises that will strengthen your knowledge base of each component.

Day 2 – Each participant will have the opportunity to practice and present a section of the program to ensure they have understood the intent and delivery method of the CALM C-A-R-E model as well as enabling them to gain confidence in their presentation styles.

On completion of the two day T4T you will receive a full training kit, with comprehensive trainer notes, the CALM C-A-R-E Powerpoint, training video, 'Be Connected' app, promotional materials, a Certified trainer certificate, and your own CALM C-A-R-E information booklet.