

## CALM C-A-R-E SUICIDE AWARENESS WORKSHOPS

Thursday 6<sup>th</sup> May 2021  
9 am to 12.30 pm

MOUNT MORGAN: GRAND HOTEL

Free to attend: light refreshments

An initiative funded by the Queensland Government, Tackling Regional Adversity Through Integrated Care grant program.

## COVID-19

People must not attend the workshops if they have any COVID-19 symptoms.

- ◆ Stay at home if unwell or have a cough, fever, sore throat, fatigue or shortness of breath.

Maintaining physical distancing requirements is the individual's responsibility.

*Whilst we will be practicing physical distancing:*

*we're still socially-connected.*

### ORDINARY PEOPLE BECOMING COMMUNITY HELPERS:

- We are living in unprecedented times.
- Many of us want to know how we can help support our friends, family, loved ones and colleagues.
- The CALM C-A-R-E program shows people how to have 'Calm conversations that can save lives'.
- Workshops are delivered by local trainers accredited to deliver the CALM C-A-R-E half day program to their community.
- More information on the developers of the CALM program can be found here: <https://www.keepcalm.org.au/our-goals/>

### WORKSHOP PARTICIPANTS:

- Living and/or working in the Mount Morgan region.
- Community members, employees, professionals, carers and students.
- Members of sporting groups, service clubs, community groups including volunteers.
- The workshops are for those people who wish to support those around them: by seeing the signs, making a connection, and ensuring a person's safety.
- For more information: <https://www.keepcalm.org.au/half-day-training/>

### NEEDING HELP?

If you, or someone you know, are having thoughts of suicide, please seek help. Support is provided by services including your GP, triple 000, Life Line (13 11 14), or Qld Health's 24 hour Mental Health Triage Line (1300 64 2255).

Proudly supported by the Queensland Government; and through the Australian Government PHN Program.

### WORKSHOP LOCATIONS:

#### MOUNT MORGAN- Grand Hotel

39 Morgan Street, Mount Morgan

### TRAINING DATES AND TIMES

Thursday 6<sup>th</sup> May 2021

9:00 to 12:30 pm

\*\* followed by light refreshments

### RSVP

- \*\* Register by Thursday 29<sup>th</sup> April
- \*\* Registering is essential; free to attend
- \*\* Please advise of any access or dietary requirements.

### REGISTRATION CONTACT

Trainer: Scharryn Kneen

Phone 0407 147 778

Email: [slabkneen@bigpond.com](mailto:slabkneen@bigpond.com)

### ENQUIRIES:

Central Queensland Rural Health

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