



MEDIA RELEASE

12 July 2022

Suicide prevention and intervention workshops

Two workshops aimed at empowering communities to watch out for each other will be offered free to community members this month.

The first workshop explores the concept of self-care and mental wellbeing and the second will provide participants with the essential skills to identify and respond to a person at risk of suicide.

The workshops will be run by Community Response to Eliminating Suicide (CORES) and are being offered in response to the unusually high rate of suicide in rural communities. CORES is a community-based program that educates members of a local community on how to intervene when they encounter a person they believe may be suicidal.

Gene Lovell, Huon Valley Council's Mental Health and Wellbeing Officer, said the workshops are supported by local fundraising (#hopeinthehuon), Tasmanian Community Fund and Huon Valley Council.

Ms Lovell said the workshops are free for the local community with some volunteers choosing to train up so they can run more of these workshops in the future.

“As part of our mental health resilience project we aim to build the capacity and resilience of our local community to support mental health and wellbeing for everyone in the Huon Valley, with the ultimate intention of preventing suicides.

Communications & Media Officer

Huon Valley Council

communications@huonvalley.tas.gov.au



“We know our community has many strengths and assets that can be harnessed to support mental health and well-being. Workshops like this support a local place-based approach to helping save lives.”

Ms Lovell said Council is working on establishing a local network of local community services and *Right Place* mental health volunteers who can support people to find the help they need when they need it.

“We are also building on the strong work currently undertaken in connecting health services with community through the Huon Valley Health and Community Connector role and we’re making sure it complements existing mental health programs in the region.”

“Once the Right Place champions are established, Council will continue to provide support to the network through its Health and Wellbeing program and the Right Place program.”

The workshops are free and will be held on Monday 18 July and on Tuesday 19 July at the Huon Valley Hub.

If you can’t make these workshops, let us know and we can make sure you find out when these and other suicide prevention and mental health workshops are offered again.

Workshop One

This two-hour self-care and mental wellbeing workshop will provide the skills and resources to develop an individualised self-care and mental wellbeing plan that encompasses activities to enhance physical, mental, emotional, social and spiritual health on a daily basis.

The workshop will explore the concept of self-care and mental wellbeing, how to identify personal signs of stress and simple strategies that can be used to manage individual stress levels on an everyday basis.

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When: Monday 18 July 2022

Where: Huon Valley Hub – 23 Main Street Huonville

Time: 2pm–4pm, registration from 1.45pm

Cost: Free

Please bring your own lunch

Enquiries: Gené Lovell

6264 0300 or glovell@huonvalley.tas.gov.au

Please book via Eventbrite:

<https://www.eventbrite.com.au/e/361358662487>

Workshop Two

The free workshop will provide participants with the essential skills to identify and respond to a person at risk of suicide, and:

- To recognise the warning signs of suicide
- To learn how to support a person at risk to access appropriate services and to develop their own safety plan
- To promote help-seeking behaviour before a crisis occurs
- Each participant will learn to identify their own self-care strategies
- An opportunity for participants to develop their own personalised safety plan

When: Tuesday 19 July 2022

Where: Huonville Library – 1 Skinner Drive Huonville

Time: 9:30 AM – 4:30 PM (registration from 9:10am)

Cost: Free

Please bring your own lunch

Enquiries: Gené Lovell

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Please book via Eventbrite:

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