

West Coast Suicide Awareness & Prevention Training Calendar

September - November 2017

Greymouth 10th September, 5.30pm The Fountain, Council Buildings	In honour of those who have died by suicide, the fountain will be coloured yellow for the day. Anyone affected by suicide can come & light a candle. Performance by Montana Lancaster. Event organised by Lost Souls.
Hokitika 10th September, 6pm Old Lodge Theatre Contact: Annie Breeze 0274060122	Building community connections & raising awareness. Hokitika Toastmasters leading a humorous debate from 7pm. Team members include MP Maureen Pugh and Hokitika Mayor Bruce Smith. Event organised by Shining the Light into the Dark.
Regular local groups	
Buller Bereaved by Suicide Support Group 1 pm, 2nd Wednesday of the month Number 37 Community House, Peel Street, Westport	<i>Meet monthly to support each other through difficult times. The people who understand best are those who have experienced the same journey.</i> Facilitator: Sharleen Terry Phone: 03 789 6000
Lost Souls (Grey District & Westland) 1 st Friday of the month – potluck dinner, either Hokitika or Greymouth.	An informal group offering support and solace to those bound together by the common loss of a loved one to suicide Greymouth - Bronwyn 0212621782 Westland – Francina 03 7533128

Understanding Youth Mental Health Workshops	
Greymouth - Monday 30th October	9.30am - 12.30pm Understanding Mental Illness 1.30pm - 4.30pm Understanding and Responding to Self-harm and Suicide
Westport – Thursday 2nd November	9.30am - 12.30pm Understanding Mental Illness 1.30pm - 4.30pm Understanding and Responding to Self-harm and Suicide
COST: \$80 + gst per person per workshop, or \$150 + gst per person for both	
Greymouth - Tuesday 31st October	9.30am -3.30pm De-escalation COST: \$160 + gst per person
Westport – Friday 3rd November	Register here: https://www.surveymonkey.com/r/SWPQ25W
Please note: If you register for all three workshops, the cost to attend will be \$290 + gst per person.	

Sad Blokes: Men, Depression and Suicide



<https://www.taylormadetrainingconsulting.com/workshop-calendar>

Registrations and tickets purchased online, visit Eventbrite.co.nz and search Barry Taylor or click links below

7th November Westport 9am – 4.30pm FOR TICKETS CLICK HERE	Take the opportunity to hear from Barry Taylor as he unpacks the varying responses by men to depression and suicide and how they make sense of, and deal with, their depression or suicidal distress. Cost: Early bird Price: NZ\$110 + GST (until 6 th October) \$126.50 total Full price: \$160 + GST (after 6 th October) \$184 total
8th November Greymouth 9am – 4.30pm FOR TICKETS CLICK HERE	
9th November Hokitika 9am – 4.30pm FOR TICKETS CLICK HERE	

A-OK Suicide Prevention workshops
<https://www.1degreeworkshops.com/bookings>
 Contact: Caroline A-OK 09 2780408



 14th November Greymouth 8.30am – 5pm	A recovery and growth workshop primarily designed for clinicians and other professional helpers who work with persons previously at risk of and currently safe from suicide. Full Price \$350 Subsidised Price \$250
 30th November Greymouth 10am – 2pm	FOUNDATIONAL HELPER SKILLS 4hr workshop that prepares participants to identify people with thoughts of suicide and connect them with life-saving first aid resources. Cost: Full Price \$90 Subsidised Price \$50

Online MHERC webinars – no cost



Suicide Prevention Education Programme	Youth programme
Monday, 4th September 1:00 pm – 5:00 pm Emergency Departments and Suicide Prevention Suicide Risk Screening and Assessment	De-escalation: Using effective communication Thursday 7 th September 9.00am – 12.00pm
Tuesday 5th September 8.30am – 12.30pm Safety planning & Brief Interventions Ethical considerations	Overview of common mental health disorders & keeping unwell members of a group engaged Monday 11 th September 9.00am – 12.00pm
Monday 25th September 1.00pm – 5.00pm Outpatient treatments with suicidal individuals Postvention	Anxiety in Tweens & Adolescents Thursday 21 st September 9.00am – 12.00pm
Tuesday 26th September 8.30am – 12.30pm Policy implications & National Directives Multi-level (Systems) Approaches to Suicide Prevention	Working with people using synthetic drugs & methamphetamine Wednesday 27 th September 1.00pm – 4.00pm
Monday 9th October 8.30am – 12.30pm e-Health initiatives Requested &/or Topical issues	Dealing with self-harm & suicidal behaviours Wednesday 4 th October 1.00pm – 4.00pm
Monday 9th October 1.00pm – 5.00pm Interactive summary & Practical skills	<p style="text-align: center;">TO REGISTER CLICK HERE</p>