



Refugee specific suicide prevention training



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For NSW Health

Duty of care statement

Refugee specific suicide prevention training involves discussion of sensitive issues around suicide and suicide risk. Learning about refugees and people seeking asylum, and the complexity of their experiences, can also be challenging content for some participants.

Sometimes thinking about sensitive issues like suicide, including past experiences supporting refugees or asylum seekers at risk of suicide, can cause people to become upset.

We ask that participants consider their own wellbeing prior to participating in refugee specific suicide prevention training to ensure the training is right for you.

PARTICIPANT SAFETY

- All participants must have access to a webcam and a microphone to participate in refugee specific suicide prevention training. A webcam and microphone allows participants to communicate with each other, but ensures **Everymind** staff delivering the training can see or hear if participants are becoming upset or distressed during the training.
- Participants are encouraged to support their own wellbeing and take a break from training content if required. Please let the **Everymind** trainers know that you need a break and that you are safe through private chat in Zoom or contacting one of the trainers directly.
- Take time for self-care. Self-care refers to activities that restore and maintain one's physical, emotional and mental health. For information on self-care visit: lifeinmind.org.au/research/self-care
- A list of support services are provided to all participants prior to and on completion of refugee specific suicide prevention training. Please familiarise yourself with these services, and the support services available in your local area.

SUPPORT SERVICES

Lifeline: **13 11 14**

Suicide Call Back Service: **1300 659 467**

Beyond Blue: **1300 224 636**

MensLine Australia: **1300 78 99 78**

Further information

Conversations Matter: conversationsmatter.com.au

Service for the Treatment and Rehabilitation of Torture and Trauma Survivors: startts.org.au

Asylum Seeker Resource Centre: asrc.org.au

NSW Transcultural Mental Health Centre: dhi.health.nsw.gov.au/transcultural-mental-health-centre