

MEDIA RELEASE

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New training opportunity could save lives

Gold Coast residents have the opportunity to receive free online training to learn how to help save a life from suicide.

Gold Coast Primary Health Network (GCPHN) is offering 1,400 free online training places for individuals who are most likely to come into contact with people at risk of suicide and therefore may be in the best position to intervene.

Many of us are in regular contact with people who are at risk of suicide without knowing it. People who are experiencing suicidal thoughts may not be able to communicate their distress directly, and so warning signs may be missed or misinterpreted.

The QPR training is being rolled out as part of the Gold Coast Joint Regional Plan for Mental Health, Alcohol and Other Drugs and Suicide Prevention and the Suicide Action Plan.

GCPHN CEO Matt Carrodus, said QPR stood for Question, Persuade, and Refer – the three simple steps anyone can learn to help save a life from suicide.

“Everyone can play a role in suicide prevention,” Mr Carrodus said.

“This training, provided through the Black Dog and QPR Institute, will provide people with the knowledge and skills to identify the warning signs, give them the confidence to talk to that person about suicidal thoughts and connect them with professional care.

“This training is free for a limited number of local residents, and we are looking particularly at people who may regularly come into close contact with people who may be at risk of suicide or in distress in the course of their work.

“This could include, for example, people working with vulnerable or disadvantaged groups such as people experiencing financial hardship, unemployment, homelessness, domestic violence etc. or people working in businesses or locations where these people may frequently gather or visit e.g. cafes, recreation centres, clubs etc.

“By increasing the number of people trained in the community we can build a local safety net. It will only take participants one hour to complete but could be life-changing and life-saving for Gold Coast residents,” Mr Carrodus said.

To find out more, visit: <https://gcphn.org.au/question-persuade-refer-qpr-online-training/>

Media inquiries: Christine Bain, GCPHN Communications Manager, **M** 0417 779 345