



Shane Rattenbury MLA

Minister for Climate Change and Sustainability
Minister for Corrections and Justice Health
Minister for Justice, Consumer Affairs and Road Safety
Minister for Mental Health

Member for Kurrajong

Wednesday 13 March 2019

Free online training to help prevent suicide

The ACT Government is urging Canberrans to undertake a free online course that will help equip them to support those who they suspect may be at risk of suicide.

The 60 minute online *Question, Persuade, Refer (QPR)* program has been designed specifically for anyone over the age of 18 who would like to better understand the warnings signs and behaviours that can lead to someone taking their own life.

“Every death from suicide is one too many. To put it simply, we already urge people to know CPR; we’re asking people to also learn how to do QPR,” Minister for Mental Health Shane Rattenbury said today.

“While there are never any guarantees about how to stop someone taking their own life, what we can do at the community level is educate ourselves with the social skills to pick up on the signs and to ask the right questions, and if necessary help someone to get the right help.”

Last year the ACT Government announced the provision of \$1.5 million to establish a pilot of the Black Dog Institute’s LifeSpan Integrated Suicide Prevention Framework in the ACT.

LifeSpan aims to build a safety net for the community by connecting and coordinating new and existing interventions and programs, and building the capacity of the community to better support people facing suicidal crisis.

With the ACT’s small population numbers there tend to be fluctuations in suicide numbers from year to year, however, one death from suicide is always one death too many.

Capital Health Network (CHN) Chief Executive Adj Prof Gaylene Coulton said the Primary Health Network is proud to be supporting the roll out of *Question, Persuade, Refer* training in the ACT to better support and equip the community to help prevent suicide.

ACT Legislative Assembly

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“As part of the larger LifeSpan initiative, we’re pleased to be able to fund and coordinate through the PHN program this valuable suicide prevention online training,” Ms Coulton said.

“QPR aims to support anyone, regardless of their background, to feel empowered and equipped to support their friends, family members, neighbours or people they work with who may be considering suicide.

“This free training is a great opportunity for anyone in our community to make a difference and help prevent suicide,” said Adj Prof Gaylene Coulton.

The *Question, Persuade and Refer* program is part of a suite of evidence-based initiatives the ACT Government is funding over the next three years through its commitment to the LifeSpan Integrated Suicide Prevention Framework. CHN, through the PHN Mental Health Program, is proud to be a partner in co-funding LifeSpan for Canberrans.

To complete the *Question, Persuade, Refer* program head to the Capital Health Network’s website: <https://www.chnact.org.au/mental-health-programs-hp>

Statement ends

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