

# MEDIA RELEASE

## Helping prevent suicide in Ouyen

29 April 2019

A community workshop is being held in Ouyen to help people to identify the signs that someone may be at risk of suicide and the appropriate action to take.

Murray PHN has partnered with Wesley LifeForce to bring their suicide prevention workshop to the North West Victoria region on Wednesday 8 May. There will be two free workshop sessions, 12.00pm-4.00pm and 5.00pm-9.00pm, at the Fire Station Meeting Room in Ouyen.

Informed by the latest research in suicide prevention, Wesley LifeForce training equips participants with a variety of skills such as managing suicidal crisis, understanding risk and protective factors, and how to recognise potential warning signs.

Mildura local government area is home to one of 12 locations participating in the Victorian Government's place-based suicide prevention trial, which forms part of the *Victorian suicide prevention framework 2016-2025* aimed at halving the state's suicide rate by 2025.

Matt Jones, Murray PHN CEO, said that there are many important components of a suicide prevention strategy, including prevention and intervention.

"It's important that we support the community to support themselves, both now and into the future. This training is available to all community members and is designed to help community members to be able to support each other. This training helps extend the reach of people who are able to recognise the warning signs and support someone at risk of suicide when it's needed."

Rev Dr Keith Garner, Wesley Mission CEO, said that Wesley LifeForce training has been delivered to more than 30,000 people across Australia since the service was established in 1996.

"The workshop program includes educating people about suicide, challenging attitudes and teaching basic engagement skills. We work with local communities, helping them to find local solutions to suicide - one of Australia's most pressing problems."

Register to attend:

- 12-4pm workshop <https://bit.ly/2V94U2g>
- or 5-9pm workshop <https://bit.ly/2IC4DhG>

### Contact details

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