

Deadly Thinking Training

Content warning: the following training refers to mental health and suicide. If any of the topics below raise concerns for you, support is available at **Head to Health** on 1800 595 212, **Lifeline** on 13 11 14, **13Yarn** on 13 92 76, **Suicide Call Back Service** on 1300 659 467, **Headspace** on 1800 650 890 or **QLife** on 1800 184 527.



Wednesday, 21 August 2024 &
Thursday, 22 August 2024

You **must** commit to attending both days to complete the training program



9:00am – 1:00pm both days
followed by a Lunch and Yarn



Ipswich Medicare Mental Health Centre (formerly Head to Health)
Nicholas Street Precinct Level 1, Eats Building, Ipswich

The community has identified the need for upskilling and training to support each other in times of mental health crisis, as often we lean on family and friends first when times are difficult.

So we are seeking expressions of interest from community members who identify as Aboriginal and/or Torres Strait Islander who would like to attend the **Deadly Thinking Training**.

This training will help to upskill you and build your toolbox to better support yourself, friends, family and community.

Participants will have an opportunity to yarn about their experiences and learn more about different aspects of social and emotional well-being.

Presenters will guide the group through the workshop material, encouraging group participation and activities.

Participants receive a Deadly Thinking training workbook, passport to mental health and certificate of attendance. More details on Deadly Thinking website: rmh.com.au/our-programs/deadly-thinking

If you are an **ally to the Aboriginal and Torres Strait Islander community** and often find yourself supporting others, please submit an application as we are accepting a waitlist for the possible future training opportunity.

This Deadly Thinking Training program is for people 18 years+ however **if you are aged 12-17** and would like to participate, please submit an expression of interest and we will let you know about any future youth training opportunities.

 **Click here to register today!**

Or scan
the QR
code



An initiative of the **Darling Downs and West Moreton PHN, West Moreton Health** and **Kambu Health**