

Training Sessions Available

Local Men Local Communities in partnership with Wellways and Lifeline brings you QPR training and Mind Your Mates.

Training will be delivered either online via Zoom or face-to-face by a qualified facilitator. A Zoom link will be sent following registration if the training is online.

To register, please visit: www.southgippsland.vic.gov.au/qpr

QPR Training

3 February - 6.00pm to 8.30pm
(Online)

9 February - 1.30pm to 4.00pm
(Online)

4 March - 6.00pm to 8.00pm
(Face-to-Face, Meeniyah)

17 March - 9.30am to 11.30am
(Face-to-Face, Meeniyah)

QPR - Question, Persuade, Refer (face to face or online) with a Wellways facilitator.

Suicide prevention training course for people who have not completed prior training on suicide prevention or mental health first aid.

- Identify the warning signs of someone at risk
- Have confidence to speak to them about their thoughts
- Learn the tools to connect the person with professional care

Mind Your Mates

16 March - 9.30am to 10.30am (Online)

16 March - 5.00pm to 6.00pm (Online)

Mind Your Mates (a shorter introductory online session) with a Lifeline facilitator

An introduction to starting a conversation with someone you are worried about. To know what to do if you ask RUOK and the answer is no.

- A brief introduction 1 hour course similar to QPR
- Start and keep a conversation going
- Allow others to explore their thoughts and feelings