



Understanding and Preventing Suicide Workshop Westport

New Zealand has one of the highest youth suicide rates in the Western World. Suicide is not inevitable and it can be prevented. The reasons why people end their lives are complex and can be associated with feelings of hopelessness/failure, terror from a panic attack, or experiencing psychosis.

This evidence based best practice workshop will take you through the latest research about suicide and provide practical tools to help to identify people who might be suicidal. We will also share ideas about how to help build resilience to reduce the risk of young people becoming suicidal.

Presented by Michael Hempseed, these workshops are a must for counsellors, teachers, youth/social workers, nurses, and ANYONE working with Youth!

Workshop Details:

Time:	6.30pm — 9.30pm
Date:	Wednesday 24th January 2018
Venue:	Salvation Army Hall, 20 Henley St, Westport
Cost:	\$80 + gst per person
Register:	Online here