

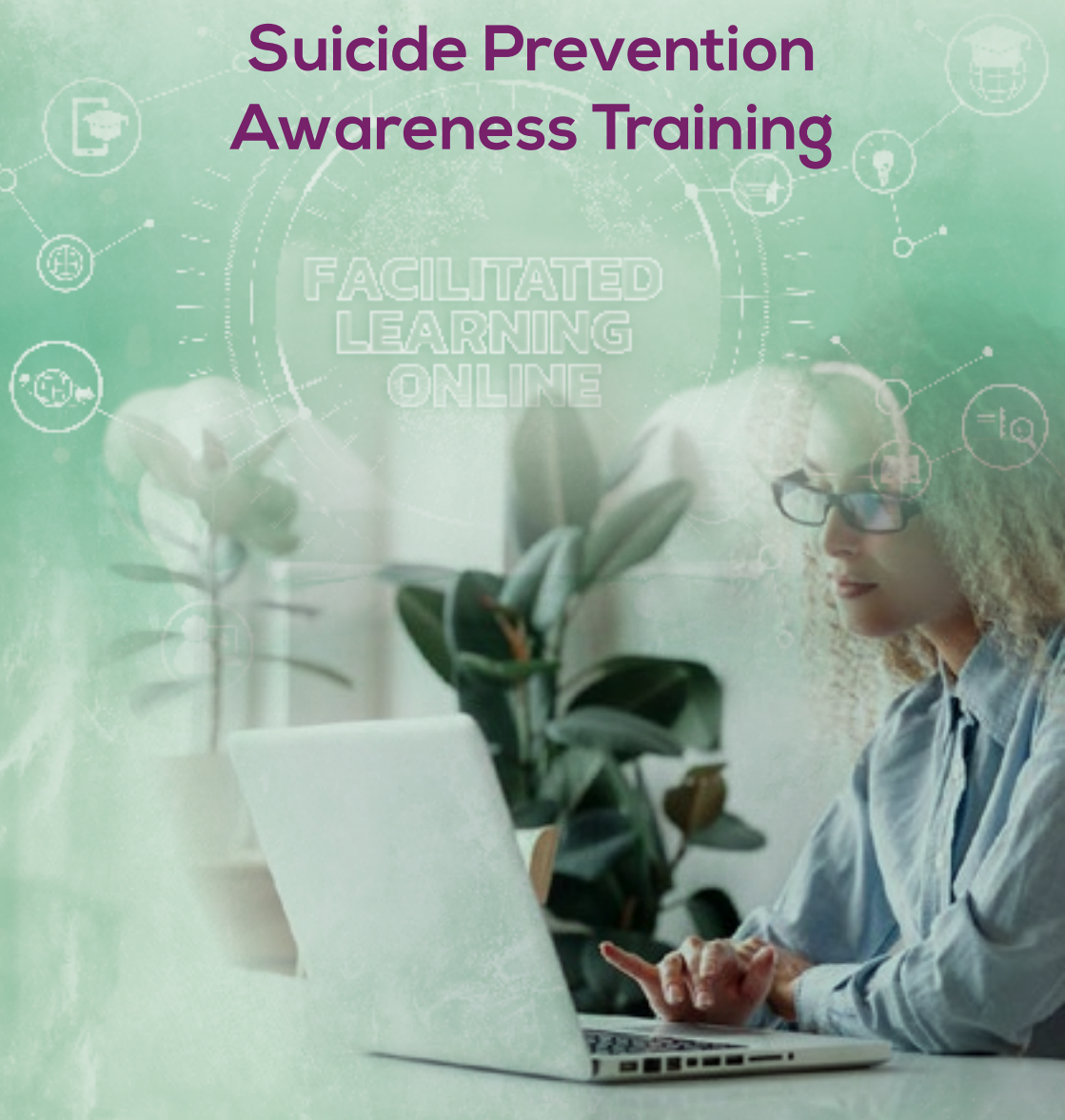


CONNECTIONS

For a Life Worth Living...

Suicide Prevention Awareness Training

FACILITATED
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ONLINE



CONNECTIONS is about transitioning from trauma to resiliency:

- Suicide Prevention Awareness & Emotional Health Education
- Understanding Emotional Health
- Steps to Help Persons Experiencing Emotional Distress & Suicide
- Cultivating Self-Care Practice



OUR VISION for THE CONNECTIONS CURRICULUM:

Is to serve our people, organisations, businesses, communities and government to access first class, quality assured, accessible suicide prevention awareness and emotional health education. We hope to empower and inspire meaningful personal action that will help **save lives, improve wellbeing, cultivate emotionally healthy practices** and **break the cycles of trauma**.

The CONNECTIONS Curriculum Overview:

Is for those seeking;

- A greater understanding of suicide prevention awareness and mental & emotional health education.
- The confidence to intervene with people experiencing emotional distress and suicide.
- To cultivate resilience through emotional health practices and self-care.

The Connections suicide prevention awareness and emotional health education curriculum is trauma and attachment informed. It encourages learners to understand themselves and others more holistically and enables us all to more effectively support someone in emotional distress. It helps us understand ourselves more fully and helps us recognise the need to fortify our own mental & emotional health and build resilience through emotional health practices and selfcare.

OUR COURSES:



Connections LINK LIFE:

Suicide Awareness Prevention Training



Connections HELP LIFE:

Skills for supporting persons in emotional distress and suicide



Connections TRANSFORM LIFE:

Self-Care for Positive Mental Health & Suicide Prevention

Suicide Prevention Awareness Training

The connections courses give learners the knowledge and tools to understand that:

- Mental Health can be fortified
- Suicide is preventable
- Everyone can help
- Life can be worth living



Course Name:

Connections Link Life

Duration: 2.5hrs

(including online registration and comfort breaks)

Focus: Awareness

Short Description:

Suicide Prevention Awareness Training Course



CONTENT:

- » Contributing factors that lead to poor mental health, emotional distress & suicide
- » Understanding the role of mental health and emotions in relation to suicide prevention
- » Connect 4-Way Model for helping persons experiencing emotional distress or suicide
- » Tools & resources for support in your community
- » The role of self-care and wellbeing in fortifying mental health and preventing suicide.

TO BOOK A COURSE FOR YOUR GROUP OR AS AN INDIVIDUAL:

GROUPS:

Email: hello@freshmindseducation.com

(we will send you the link to the form for requesting a group booking).

OR:

Go Directly to our website and complete a request form:

<https://freshmindseducation.com/connections-booking-form/>

INDIVIDUALS: Go directly to this website page to book a place on a scheduled event

http://www.freshmindseducation.com/pha-link_life/

Or email hello@freshmindseducation.com to be added to the waiting list

A central graphic featuring a pair of hands holding a glowing globe. The text "FACILITATED LEARNING ONLINE" is overlaid on the globe. Surrounding the globe are various educational icons such as a graduation cap, a lightbulb, a computer, a magnifying glass, a person, a gear, and a smartphone, all connected by a network of dotted lines.

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