

Training

Growing Together: Expanding Education and Deepening Community Impact

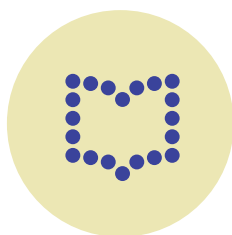
In 2024-25 Community Education and Training saw a 33% increase in clients and workshops, with 40 Workshops supporting over 638 participants. Speech Pathology Australia, Mosman and the Northern Beaches Councils continued as long serving customers of ours with annual education and training programs for staff and members delivered by Lifeline Northern Beaches, Mosman to Kirribilli.

A highlight included working with the Armenian Community focusing on mental health literacy, supporting others and suicide prevention. Communities often must overcome several barriers including cultural values and religious beliefs where suicide is a taboo. This makes it difficult to come together and to talk about stress and mental health. However, thanks to the bravery of a few mental health champions in the Armenian Community Welfare Centre (many who have previously trained with us) they were able to bring their community together and fill a room of participants who were open and eager to learn following a suicide in their community.

The Accidental Counsellor training provided new insight into the visible and invisible signs of personal distress and the importance of empathy, non-judgmental listening and communication. They learnt the power of responding in direct and unambiguous ways to someone who may be having thoughts of suicide and how this helps enable connection and compassion and appropriate action. In completing the workshop, participants reflected that they felt they were better able to process some of their own trauma and better able to support those closest to them, who were struggling with the loss of a friend or loved one to suicide

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WORKPLACE AND COMMUNITY TRAINING CONSULTANT



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