

Recognise and Respond

Suicide prevention for everyday life

The thought of talking to someone about suicide isn't easy, but it could help them get better.

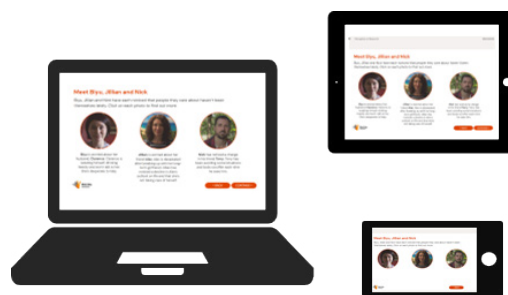
The Black Dog Institute has developed *Recognise and Respond – Suicide Prevention for Everyday Life*. It's a 1-hr, online course to reduce and prevent suicides in Australia. It provides the tools and confidence you need to have a key conversation and respond to a friend, family member or colleague who may have suicidal thoughts.

The impact of suicide on a community can be devastating. Let's stand together and take a community-led approach to start having life-saving conversations.

Learn on any device at your own pace

You can complete the interactive course on any computer or mobile device. It's self-paced and will take about an hour to finish.

It provides a guided learning experience with expert videos and case study videos.



Topics covered



Prevalence
of suicide



Risk factors, warning
signs and symptoms



Having conversations
about suicide



Support and
resources





What you'll learn

Topic 1 | Recognise the signs

Learn how to notice changes in someone's behaviour and possible risk of suicide.

Topic 2 | Case studies

You choose the stories you'd like to follow, to learn how to respond to someone at risk.

Topic 3 | Self-care

Learn all-important skills on how to look after yourself while supporting others.

Topic 4 | Scenario based challenges

Check your understanding of what you've learned in the course.

Additional features



Case studies

Learn from videos that show how to have a conversation with a friend or family member you might be concerned about.



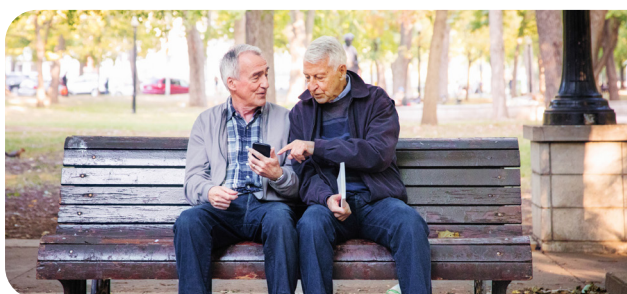
Interactive quizzes

After each case study video there is an interactive quiz to help you reflect on how the conversation went.



Downloadable resources

There are fact sheets, interactive worksheets and other resources to download and use after completing the course.



Learn how to have a conversation about suicide, this could be the most important conversation you have in your life

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