What is Stronger Smarter Yarns for Life (Y4L) Training?

Stronger Smarter Yarns for Life - Early Suicide Intervention (one day)

Y4L Training Covers:

- An awareness of the prevalence of mental illness and suicide in Australia generally and for Aboriginal and Torres Strait Islanders
- A strengths based approach to social support and suicide intervention
- An understanding of the unique factors contributing to thoughts of suicide for Indigenous people
- The skills and knowledge to identify signs and debunk social myths
- Tailored Indigenous mental health conversation planning tools
- List of suitable referral, support options and resources at local and national levels

Our Programs:

ConNetica has developed a suite of refreshingly new and innovative Australian evidence based suicide prevention and intervention programs. Our programs are practical and succinct and focus on building people’s confidence, willingness and ability to have to have conversations with people who are becoming vulnerable or at imminent risk of suicide.

Expert Developers:

These programs have been developed by leading mental health and education experts including, Adjunct Professor John Mendoza (Inaugural Chair of the National Mental Health Commission and former CEO Australian Mental Health Council), Dr Martin Harris and Professor Chris Sarra (2016 NAIDOC Person of the Year). All our programs incorporate feedback from persons with a lived experience and reflect real life situations and experiences.

29% Increase in knowledge of resilient strategies
39% Increase in skills to build and maintain personal resilience
88% Are willing to initiate a conversation and act if required

Upcoming sessions
In Caloundra, Sunshine Coast - contact us for more details
Cost: $335 for one person or $635 for two people

For more information or to book please email Marion Wands at mwands@connetica.com.au or call the office on (07) 5491 5456 to register your place in our next RUP course www.connetica.com.au