



COMMUNITY CONNECTOR ▶▶ TRAINING ◀◀

If you would like to learn more about how to support someone who might need help, then come and join us for an informative and practical workshop.

At this workshop you will learn about:

- Pressure, stress and how people cope
- Wellbeing and building resilience
- Mental health and illness
- Suicide alertness **Conversations About Suicide MHFA**
- What help is available in the local community
- Looking after yourself and avoiding burnout

Do you come across people in your community who may be under pressure, showing signs of distress, possibly at risk of suicide and may **NEED HELP?**

And you are concerned about them but not sure **WHAT TO SAY?**

*Our ability to notice **and** our confidence to ask how they are going can **make all the difference** to them.*

Date: Tuesday 24 March 2026

Time: 9am - 5pm

Venue: Narromine United Services Memorial, Club 58 Dandaloo St Narromine NSW 2821

Cost: Fully funded (Morning tea and lunch provided)

Register: <https://events.humanitix.com/cct-24mar2026>

Sponsored by:



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To find out more call **1300 798 258** or email training@lifelinecentralwest.org.au