

## Who is VYNE @ OzHelp?

The core business of the VYNE @ OzHelp Program is to provide the ACT community with education and training that is accessible, affordable and relevant. As a community education and training resource VYNE aims to:

- increase understandings, knowledge and skills in the field of suicide prevention
- strengthen the capacity of services and the community to respond to people at risk
- support a unified response to suicide and self-harm
- develop, maintain and strengthen local community networks and linkages
- increase community capacity for resilience and wellbeing
- advance the field of suicide prevention

**VYNE's** main activities consist of the development of a community training calendar; tailor made training for community organisations, businesses, schools and government organisations; and community development; all in the areas of suicide prevention, resilience and mental health promotion.

These activities provide the community with regular workshops and courses related to suicide prevention and mental illness awareness.



### Contact VYNE @ OzHelp

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## Some Myths and Facts about Suicide

### Myths

Many people believe that if a person wants to complete suicide nothing can stop it happening and that people thinking of suicide never ask for help. Suicide happens without warning.

### Facts

We know that people thinking of suicide rarely want to die, what they want is for the pain to stop. We also know that many people ask for help from friends or see their doctor before attempting suicide. They may not ask for help directly, but they do give warning signs. A person who recognises the warning signs is more likely to be able to prevent suicide.

**VYNE @ OzHelp's** core suite of trainings, SafeTALK, ASIST and ASIST Tune-Up, give you the facts and provide you with solid, practical training in suicide intervention.

**SafeTALK** teaches members of the community, during a half day course, to recognise people with thoughts of suicide and to connect them to suicide first aid resources.

**ASIST** (Applied Suicide Intervention Skills Training) takes the next step by providing a two day training program in the Suicide Intervention Model.

**ASIST Tune-Up** is a half day training that allows ASIST trained caregivers an opportunity to refresh their skills and discuss their use of the Suicide Intervention Model in their work and lives.

**More information can be found at [www.ozhelp.org.au](http://www.ozhelp.org.au)**