

# TALKING ABOUT SUICIDE

## Strong Conversations Save Lives

Aboriginal & Torres Strait Islander Mental Health First Aid

Mandurah Community Public Course

Thursday 19 March 2026 | 10:00am — 3:00pm

**Silence Doesn't Protect Our People.**

**Safe Conversations Do.**

Suicide prevention begins with connection.

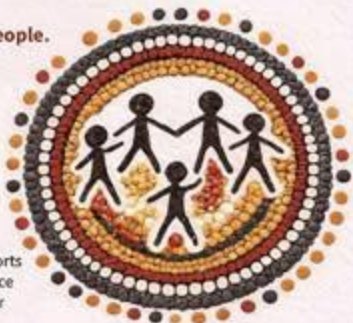
**Winjan Aboriginal Centre**

19 Aderley Place  
Coodanup WA 6210

This culturally grounded course supports participants to provide initial assistance to Aboriginal and Torres Strait Islander people who may experience suicidal thoughts and behaviours until professional support is received or the crisis resolves. This course equips participants with practical lifesaving skills.

**In This Course You Will Learn To:**

- Recognise warning signs early
- Start a culturally safe and respectful conversation
- Apply an evidence-based action plan
- Respond calmly and appropriately in a crisis
- Encourage professional and cultural supports
- Reduce stigma and strengthen community wellbeing



**This Free Course Is For:**

- Community members (18+)
- Volunteers
- Frontline workers
- Local organisations

**Enquire Further:**

[Candice@icgaustralia.com.au](mailto:Candice@icgaustralia.com.au)

**RSVP (for catering purposes)**

[healthycommunities@mandurah.wa.gov.au](mailto:healthycommunities@mandurah.wa.gov.au)

**Limited places available. Register early.**



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**CITY OF**  
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