



Wesley LifeForce Suicide Prevention Networks

Wesley LifeForce Suicide Prevention Networks provide meaningful avenues to harness and nourish the value of lived experience in suicide prevention.

Wesley LifeForce is unique in the Australian suicide prevention sector because it comprises a vast network of local community grassroots initiatives, which are structurally supported through an overarching national program.

Wesley LifeForce Suicide Prevention Networks (Wesley LifeForce Networks) are supportive of a whole-of-government and whole-of-community approach to suicide prevention.

Community networks (or community coalitions) can mobilise and coordinate local community services to establish a whole-of-community approach to address relevant local health issues, which has also gained increasing attention in the field of suicide prevention.

Wesley LifeForce Networks have been working with the community to support the development of local community suicide prevention networks since 2007. The program is the only (nationally operating) community-based suicide prevention networks program in Australia and internationally.

By bringing together key members of the community who are dedicated to suicide prevention, Wesley LifeForce helps community members to take ownership of the issues and work towards real solutions to address the problem of suicide in their region. Typical Network activities are uniquely tailored to local communities, which are aimed at preventive initiatives that focus on awareness raising, reducing stigma, fostering help seeking, training and capacity building.

Longitudinal analyses of national suicide data showed that on average, the introduction of Wesley LifeForce Networks reduced the suicide rate by seven per cent. This pattern of effects was most pronounced nine months following Network establishment, with a significant reduction of 17 per cent in suicide rates.*

Wesley Mission commissioned the University of Melbourne to evaluate its Wesley LifeForce Suicide Prevention Networks service, noting it's the only community-led suicide prevention program available nationally and the only program internationally to be recognised in published literature.

University of Melbourne evaluation findings

- Active collaboration and cross-promotion with organisational partners was found to be mutually beneficial. Providing opportunities for information sharing, as well as financial and in-kind support.
- **Impacts on service providers:**
 - increased awareness of suicide prevention services amongst community members
 - increased confidence and capacity to assist people at risk of suicide
 - inclusion of people with a lived experience in suicide prevention
 - improved linkages with services and referral pathways.
- Provided a powerful conduit to engage people with a lived experience in suicide prevention activities, and to foster a sense of community and connection.
- Coordination of local suicide prevention efforts improved and followed a whole-of-community approach.
- The flexibility of Wesley LifeForce Networks to directly influence activities on the ground was welcomed by organisational partners.
- Strong local community services support built community efficiency and achieved stronger outcomes for the local people.
- Network members felt a sense of connection with the local community and the Network provided a sense of meaning and purpose.
- Networks gave the local community a sense of personal support and an avenue for capacity building alongside an opportunity to support others.

In view of often complex and fractured nature of varied suicide prevention programs and services across jurisdictions, a continued investment in the effective coordination of suicide prevention sector efforts is paramount. Wesley LifeForce Networks provide a vehicle to not only foster broader engagement in suicide prevention but to strengthen the coordination of suicide prevention efforts within and across local communities.

With minimal seed funding, there's scope for large impact in the community through strong local partnerships and mobilisation of resources for suicide prevention.

As local grassroots initiatives that are structurally supported through an overarching national program, Wesley LifeForce Networks complement other regional suicide prevention initiatives provided by Primary Health Networks, which are more strongly focused on service provision and coordination.

For more information and where to find your local Network, search: Wesley LifeForce Networks.

* Reference: Reifels L, Williamson M, Schlichthorst M, Too T, Morgan A, Roberts R, Mercer P, Munkara-Murray K, Jordan H (2021). Wesley LifeForce Suicide Prevention Networks Evaluation: Final Phase 1 & 2 Report. Centre for Mental Health, The University of Melbourne.

How to get involved?

Join a Wesley LifeForce Network, which brings together people and organisations in local communities to raise awareness about suicide, while empowering members to develop suicide prevention strategies at a grassroots level.

Call 1800 100 024 or email lifeforce@wesleymission.org.au

Book suicide prevention training with Wesley LifeForce Training, which aims to educate and equip Australians with the tools to recognise and help someone who is at risk of suicide.

Visit wesleymission.org.au/suicide-prevention-training

Wesley LifeForce is not a crisis service.

**If you need assistance immediately
call emergency services on 000 or Lifeline on 13 11 14**

**Do all the good you can
because every life matters**



Wesley LifeForce Suicide Prevention Networks

Become a Member Network and help prevent suicide in your local region

“Suicide prevention is a shared responsibility across the community.”¹

Since 2007, Wesley LifeForce Suicide Prevention Networks (community action groups) have been active in areas that have experienced high rates of suicide, from urban centres to remote Aboriginal communities.

Wesley LifeForce Suicide Prevention Networks (Wesley LifeForce Networks) bring together key members of the community with a passionate interest in suicide prevention. We support community members to take ownership of the issue and work towards real solutions to address the problem of suicide in their region.

About the Wesley LifeForce Member Network program

When you establish a Wesley LifeForce Member Network in your region, you'll join a national movement that aims to reduce the loss of life to suicide across Australia.

Through our Member Networks program, you're provided with extensive support, and the opportunity to be part of our broader group of Networks.

¹ LIFE framework – living is for everyone, second principle

How are Wesley LifeForce Member Networks supported?

All Wesley LifeForce Member Networks are provided with establishment seed funding, guidance during Network establishment and support in planning and delivering suicide prevention projects in your local community.

With the support of one of our community development coordinators, we'll help you identify and engage with key stakeholders in your community to ensure your Network is a success.

Through our online community hub, you'll have access to a range of useful resources and tools.



How can you establish a Wesley LifeForce Member Network?

If you're interested in establishing a Wesley LifeForce Member Network in your region, call us on **1800 100 024** or email lifeforce@wesleymission.org.au

We look forward to working with you and your community.



Wesley LifeForce Member Network benefits

- ☒ Recognised Member or Affiliate Network of Wesley LifeForce and use of Wesley Mission logo (guidelines provided)
- ☒ Provision of Network establishment 'seed funding'
- ☒ Wesley LifeForce Suicide Prevention Training
- ☒ Support and facilitation of Network and community meetings, and strategic planning workshops
- ☒ Online community hub access
- ☒ Marketing kits
- ☒ Governance pack
- ☒ Opportunity to feature good news stories on Wesley Mission website
- ☒ Registration to the annual Wesley LifeForce Networks' conference and other forums
- ☒ Guidance to obtain: Australian Business Number (ABN), charity status through Australian Charities and Not-for-profits Commission (ACNC) and Deductible Gift Recipient (DGR) status through Australian Tax Office (ATO)
- ☒ Access to most recent suicide statistical data for local and regional area
- ☒ Referral to public liabilities insurance provider (discount rates for Networks)
- ☒ Designated Community Development Coordinator (CDC) support
- ☒ Support with grant writing
- ☒ Memorandum of Understanding (MOU) agreement with Wesley LifeForce
- ☒ General support and information.

Contact Us

Wesley LifeForce Networks
1800 100 024
lifeforce@wesleymission.org.au
wesleymission.org.au



Wesley LifeForce Suicide Prevention Training



The AISRAP study demonstrated strong evidence for Wesley LifeForce Training as a robust and effective gatekeeper training package. The results show that Wesley LifeForce Training sets and meets international best practice standards for suicide prevention gatekeeper training.

In 2018, the Australian Institute for Suicide Research and Prevention (AISRAP), Griffith University, completed a study from 2015 to 2018 examining and evaluating the suite of Wesley LifeForce Suicide Prevention Training programs.

This study was funded by Wesley Mission.

Structure of the AISRAP study

The AISRAP study included two phases:

Phase 1:

Reviewed the appropriateness of the Wesley LifeForce Training in content and structure, including delivery mechanisms and evaluation materials.¹

Phase 2:

Evaluated the short to medium-term impacts of training on gatekeeper knowledge, attitudes and skills.²

About Wesley LifeForce

Wesley LifeForce provides suicide prevention services that educate and empower local communities, supporting people most at risk. Since 1995, Wesley Mission has delivered suicide prevention training to more than 40,000 people from across Australia living in metropolitan, regional, rural and remote areas.

Our suite of suicide prevention training packages has been developed to meet the needs of frontline community workers including community members, aged care nurses, aged care workers, medical practice staff, general practitioners, practice nurses, relationship counsellors, refugees and Aboriginal and Torres Strait Islander community health workers.

1. Hawgood, Pasmore & De Leo, 2015
2. Hawgood, Svetcic & De Leo, 2018

Key conclusions

- **Wesley LifeForce Training sets and meets international best practice standards for suicide prevention gatekeeper training.** Participants can expect to increase their perceived capability, declarative knowledge, positive attitudes and willingness to intervene in suicide prevention.
- **Both community and specialised gatekeepers experienced benefits from the workshops, and community gatekeepers experienced the most significant benefits.** This means Wesley LifeForce Training is particularly well-targeted for community gatekeepers and also of benefit to those with specialised training.
- **Wesley LifeForce Training is very much reaching its target audience – those with minimal to no suicide prevention training and those who require contemporary refresher training.** More than half the participants in the study had not attended any training in suicide prevention before.
- **Safety planning capabilities and the ability to intervene were the areas where participants showed the biggest improvement in perceived capability.** This suggests Wesley LifeForce Training is particularly effective in educating people in these two areas.
- **Knowledge retention was significantly higher for those without prior training.** This increased declarative knowledge was also sustained over time.
- **The SALT strategy (See, Ask, Listen and Take) was easily understood by participants in the Wesley LifeForce Training.** The inclusion of this strategy was a critical component of the workshops.
- **Those who delivered the Wesley LifeForce training did so with a high level of fidelity to workshop structure and delivery standards.** In terms of training content, trainer adherence ranged from approximately 80% to 100% across all workshops. Trainers also showed high levels of competency across all domains measured by the study.



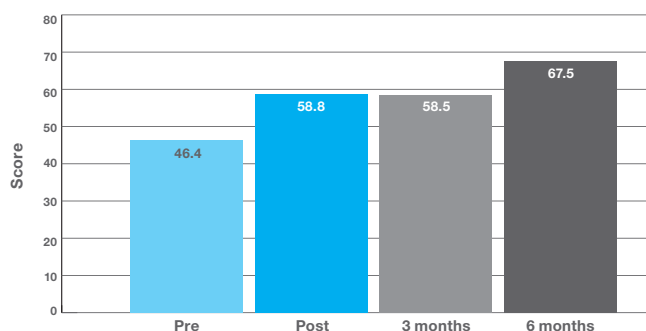
Impacts of training

Pre- and post-workshop surveys as well as three and six-month follow-ups ranked participants' responses on a Perceived Capability Scale. It has been shown that confidence in personal abilities can have positive effects on motivating and encouraging participation in suicide prevention.

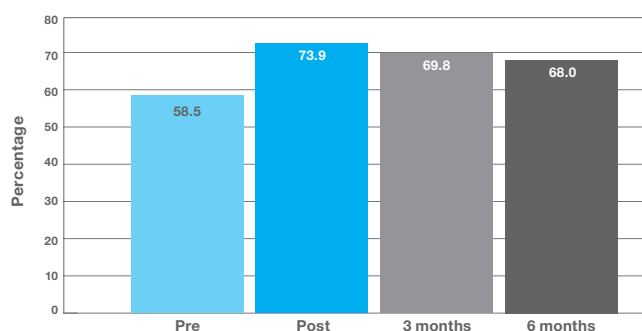
The most significant increases seen before and after the workshops were:

- participants' perceived ability to develop a 'keep safe' plan
- participants' perceived ability to identify barriers to seeking or accepting help, along with ways to encourage the person at risk to seek and accept help.

Mean participant response on capability over four time points



Mean participant response on declarative knowledge over four time points



98 percent of workshop participants would recommend the workshop to someone else.

'I came in with very little skills regarding suicide prevention. At the end of the event, I felt a lot more confident in my abilities to undertake suicide intervention with a client/patient.'

'I think it's important that everyone is educated to at least know the warning signs and risks, and how to intervene. That way more people can save more lives. I have already recommended the program to some of my own family members.'

'Very knowledgeable facilitator, well organised training, more simplified strategy for responding than other frameworks therefore more able to engage with the content.'

'It is invaluable and good for anyone and everyone to know and understand warning signs or just to know it's ok to ask the question.'



Contact us

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wesleylifeforce.org.au

Do all the good you can
because every life matters



Add value to your Australian General Practice Training Program

with Wesley LifeForce
Suicide Prevention Skills
Training for General
Practitioners



Wesley LifeForce has been delivering community suicide prevention training since 1995. In that time, more than 40,000 people have participated in the workshops in metropolitan, regional, rural and remote Australia.

The Suicide Prevention Skills Training for General Practitioners has been accredited as Continuing Professional Development (CPD) by:

- **The Royal Australian College of General Practitioners (RACGP)**
- **The Australian College of Rural and Remote Medicine (ACRRM)**
- **Australian Practice Nurses Association (APNA).**

The six-hour workshop is co-facilitated by a Wesley LifeForce accredited trainer and a General Practitioner (GP).

In 2019, Professor Morton Rawlin surveyed participants of past programs from 2017 and 2018 to evaluate key program outcomes and its impact on clinical practice.

The results of the evaluation were very positive, and are reflected in the findings.

“I commend Wesley Mission on its foresight and work in producing this program, which is of excellent standard and usefulness to its target audience.”

Associate Professor Morton Rawlin AM BMed MMedSci FRACGP
FACRRM Dip Med Hyp



Based on an evaluation of outcomes by
Associate Professor Morton Rawlin AM
BMed MMedSci FRACGP FACRRM Dip Med Hyp

95% of participants said they used the principles from the training in their day-to-day practice.

“Overall this approach was logical, and I easily incorporated it into the way I practice.”

“The approach has worked well for me. I needed to use the technique a few days after the workshop and was amazed how well it worked.”

“I have used the approach a lot, particularly in those with bad depression and it does work well. I am pleased I did the training.”

More reasons to consider the Wesley LifeForce Suicide Prevention Skills Training for General Practitioners

97% of participants found the training helpful.

“Would recommend this to all GPs and particularly to GP registrars.”

“Best practical program I have attended.”

94% of participants felt the intervention technique has been beneficial in their clinical practice, noting that the more the practitioner used the technique, the better and easier it became.

77% of participants had used the technique in the previous three months.

“I had always worried about someone talking to me about deep depression and worries about suicide. I often found myself hoping that the patient wouldn’t open the conversation.

Having done the LifeForce training I have used SALT as my “lifeline”. I now feel much more comfortable about actively seeking the patient’s negative thoughts as the technique has given me a process to follow. It has helped me help my patients.”

“I wish I had been taught this simple logical approach earlier.”

Wesley LifeForce Suicide Prevention Skills Training for General Practitioners

Program outline

Topic	Content
Suicide in Australia	Definition of suicide Appropriate terminology Suicidal ideation and planning External causes of death in Australia Ages of male and female suicide in Australia Suicide rates by state Suicide rates in rural and remote areas Suicide in Indigenous communities
Why do people take their life?	Risk and protective factors Modifiable and non-modifiable risk factors Warning signs
Loss	Common responses to loss Crisis Trigger events or tipping points
Suicidal thoughts or behaviour	Common suicidal thoughts Video – Lived Experience
The therapeutic alliance	The SALT suicide intervention strategy The mental state examination The general practitioner’s role Asking a patient about thoughts of suicide Reflective listening Video – GP intervention with a patient at risk of suicide Skills practice Approaches to management Follow up Self-care

Contact us

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Wesley LifeForce Training Programs



Introduction

Wesley LifeForce was established in 1995 as a response to the growing number of suicides in Australia, Wesley LifeForce provides suicide prevention services that educate and empower local communities and support people most at risk.

We take a comprehensive approach to tackling suicide by working in the areas of prevention, intervention and postvention.

Prevention

Suicide Prevention Training

We deliver a robust and evidence-based program which focuses upon educating people about suicide, challenging attitudes and teaching basic engagement and suicide intervention skills.

Community networks

We build community networks by bringing together key members of the community with an interest in suicide prevention

Intervention

Crisis support

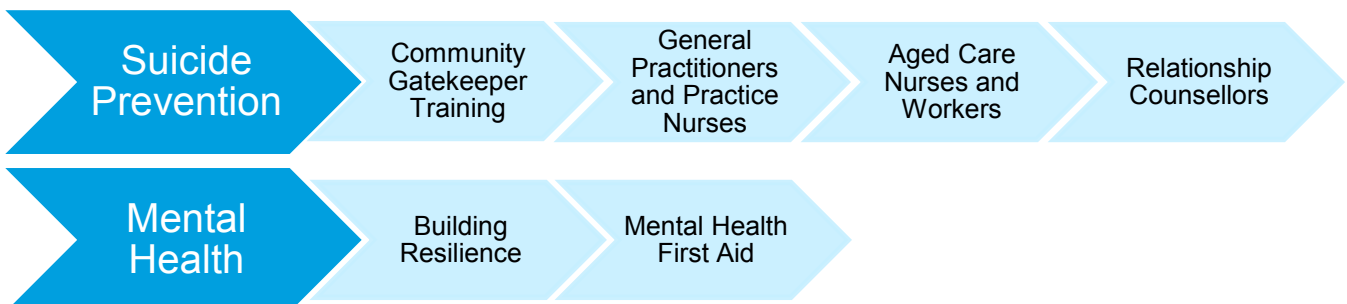
Since its inception by Wesley Mission, Lifeline's telephone crisis support is available 24 hours a day, seven days a week to anyone needing emotional support.

Postvention

Bereavement support

Wesley LifeForce Suicide Memorial Days enable people who have been bereaved by suicide to come together and share grief and hope in a supportive environment.

Wesley LifeForce Training Programs Overview



Suicide Prevention Training

Wesley LifeForce has developed quality suicide prevention training suite. Our Suicide Prevention Workshops are designed to teach people how to identify the signs that someone may be at risk of suicide and appropriate action to take. Effective interventions can make a real difference and save lives.

All Wesley LifeForce Facilitators are accredited trainers and have completed suicide intervention training. Many are also accredited counsellors. Below you will find an outline of our workshops.

Overall training goals:

Participants will have increased confidence in their ability to:

- Identify people who may be at risk of suicide
- Communicate appropriately with a suicidal person
- Ask a person if they are considering suicide
- Conduct a suicide intervention

Training outcomes:

Session 1:

- Awareness of the requirements for classification of a death as suicide
- Understand that suicidal ideation and planning are not linear processes
- Knowledge of the occurrence and demographics of suicide in Australia

Session 2:

- List common barriers to helping a suicidal person including your own beliefs and attitudes
- Be able to identify risk and protective factors
- Differentiate between risk factors and warning signs
- Recognise the association between loss and suicidality
- Understand the cascade of events that can lead to thoughts of suicide

Session 3:

- Capability to be able to implement the SALT suicide intervention strategy
- Identify national and local suicide prevention resources
- Understand the importance of self-care and be able to implement self-care strategies

Online Suicide Prevention Training

Online facilitated delivery Wesley LifeForce Suicide Prevention Training. Interactive training delivered through Zoom Meetings, covers the training outcomes for the face to face training. For optimal online engagement workshop will be split in 3 parts and delivered to a maximum of 20 people per workshop.



Suicide Prevention Training for Healthcare Professionals

Tailored suicide prevention training has been developed for healthcare professionals to improve understanding of suicide, increase ability to identify suicidal behaviours and intervene appropriately.

General Practitioners and Practice Nurses

Our training enables further development of knowledge and expertise, while participating in continuing professional development. Training is approved by Royal Australian College of General Practitioners, Australian College of Rural and Remote Medicine and Australian Practice Nurses Association.

The learning outcomes are:

- a greater understanding of risk assessment, suicide prevention, intervention strategies and patient support and management.
- a strategy to assist a suicidal patient within the context of a general practice consultation.

General Practice Office Staff

We have developed suicide prevention training especially for frontline staff to recognise physical issues and to be supported to respond effectively to signs of patients experiencing mental distress.

The learning outcomes are:

- identifying patients who may be at risk of suicide when presenting to the practice
- increased understanding of what to do when concerned that a patient may be at risk of suicide.

Relationship Counsellors

Counsellors are key to supporting clients dealing with significant life changes. While many already have an understanding of the risk factors associated with suicide, its prevalence in our communities means it is important to learn simple and effective suicide intervention strategies (4 hours of CPD).

The learning outcomes are:

- developing skills to recognise the signs that a person may be at risk of suicide
- being able to conduct a suicide intervention.

Aged Care Nurses

Depression in older people is a risk factor associated with suicide and it is critical that Aged Care Nurses are equipped to recognise the signs that a resident of an aged care facility may be contemplating suicide. Designed to meet Nursing and Midwifery Board of Australia CPD requirements.

The learning outcomes are:

- identifying possible risk factors for suicidality in older people
- developing the necessary skills to conduct a suicide intervention.

Aged Care workers

The safety and well-being of residents is paramount. Equipping Aged Care workers with the necessary knowledge and skills to record and report if someone is at risk of suicide is vital.

The learning outcomes are:

- identifying residents who may be at risk of suicide
- developing skills to record and report concerns.

Building Resilience

An introduction on how adjusting our lifestyle and introducing cognitive strategies can improve resilience and mental health. The participant is given the opportunity to reflect on their personal management of their mental health through relevant topics and group discussions.

The program has two modules which can be delivered face to face or via video conferencing.

Session One – Part One

What is Mental Health and Resilience

- What is meant by mental health?
- Why does resilience play such an important role in good mental health?
- What can cause poor mental health?
- What are the signs someone may be experiencing poor mental health?
- How do you manage your own mental health?

Session One – Part Two

Lifestyle Skills and Strategies

- Lifestyle
- Diet
- Exercise
- Social Connectedness

Session Two – Part One

Cognitive Strategies

- Thoughts, feelings and behaviour
- Challenging your thoughts
- Cognitive Defusion

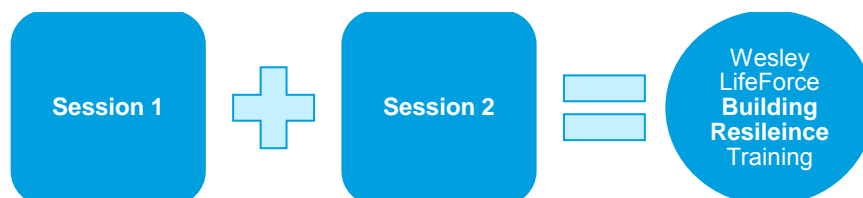
Session Two – Part Two

Self-awareness Strategies

- Mindfulness
- Gratitude
- Self-Compassion

Online Building Resilience Training

Online facilitated delivery Wesley LifeForce Building Resilience Training. Interactive training delivered through Zoom Meetings, covers the training outcomes for the face to face training. For optimal online engagement workshop will be split in 2 parts and delivered to a maximum of 15 people per workshop.



Mental Health First Aid Training

Standard Mental Health First Aid

The Standard Mental Health First Aid course will teach you how to provide initial support to other adults who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical evidence-based Action Plan.

The course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals and research.

Mental health problems covered:

- Depression
- Anxiety problems
- Psychosis
- Substance use problems

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

Youth Mental Health First Aid Training

The Youth Mental Health First Aid course will teach you how to assist adolescents who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical, evidence-based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals and research.

Mental health problems covered:

- Depression and Anxiety
- Eating disorders
- Psychosis
- Substance use problems

Mental health crises covered:

- Suicidal thoughts and behaviours
- Non-suicidal self-injury
- Panic attacks
- Traumatic events
- Severe psychotic states
- Severe effects from alcohol or other drug use
- Aggressive behaviours

Older Person Mental Health First Aid Training

The Older Person Mental Health First Aid course will teach you how to assist a person aged 65+ who may be experiencing a mental health problem or mental health crisis until appropriate professional help is received or the crisis resolves, using a practical evidence-based Action Plan.

This course is based on guidelines developed through the expert consensus of people with lived experience of mental health problems and professionals and research.

Mental health problems covered:

- Depression and anxiety
- Confusion and dementia
- Psychosis

Mental health crisis covered:

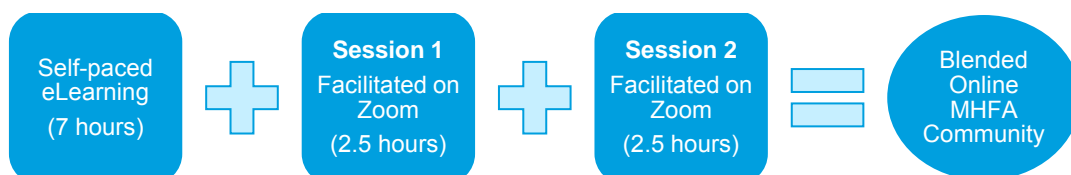
- Suicidal thoughts and behaviours
- Panic attacks
- Delirium
- Unsafe and challenging behaviours due to confusion

Online Mental Health First Aid

The Blended Online MHFA Community Course has been adapted from the Standard Mental Health First Aid Course for adults. This course covers the signs and symptoms of common and disabling mental health problems in adults, how to provide initial help, where and how to get professional help, what sort of help has been shown by research to be effective, and how to provide mental health first aid in a crisis situation using a practical, evidence-based action plan.

- Course Component 1 – Self-paced interactive eLearning (5-7 hours)
The eLearning course component presents an overview of mental health problems and mental health crises.
- Course Component 2 –Instructor-led video conferencing sessions (2 x 2.5 hours) follows the completion of Course Component 1 – eLearning. Course Component 2 provides course participants with an opportunity to revise content covered in the self-paced eLearning program and to consolidate the application of this content with the development of practical skills in a group environment online. Delivered to a maximum of 12 people per workshop.

Both course components of the course are to be completed within a 3-month period.



For more information about these courses please contact Wesley LifeForce at lifeforce@wesleymission.org.au or call 1800 100 024.



Wellbeing for older persons

Programs and services to support mental health

No matter what stage of life, Wesley Mission believes everyone deserves to enjoy their later years and find meaning in life.

That's why we currently offer a range of supportive programs and services for residents at our three Wesley Retirement Living villages – Alan Walker Village Carlingford, Frank Vickery Village Sylvania and Wesley Taylor Village Narrabeen.

Mental Health and Resilience program

Our Mental Health and Resilience program consists of a team of skilled provisional and registered psychologists working with adults aged over 55 to help resolve life stressors getting in the way of enjoying a full and fulfilling life.

The program was established in 2018 in response to the growing recognition that older adults who experience mental health concerns often face many barriers to accessing appropriate support.

Our program helps bridge this gap by offering confidential counselling and therapeutic group work to participants, all fully subsidised by Wesley Mission.

Our clinicians build a trusting and comfortable therapeutic relationship to help participants navigate change, big or small, and feel empowered. Using evidence-based practice, clinicians equip participants with new skills and build on existing strengths to meet their goals.

Community Wellbeing Network

Through our Community Wellbeing Network, Wesley LifeForce offers village residents the opportunity to connect and build relationships in the community.

Activities are designed to enhance and support the wellbeing of all members of the network.

Meetings are advertised within each of our three villages, offering residents the opportunity to get involved in the village community, meet new people and enjoy the mental health benefits of socialising with others.



One-on-one support

We offer one-on-one counselling sessions with a mental health specialist to residents at all three Wesley Retirement Living villages.

Some reasons that residents may choose to see a psychologist can include:

- when they feel worried, anxious or panicked
- when they've lost someone or something important
- when they feel alone and withdraw from activities they usually enjoy
- when they're undergoing a big change
- when experiences from the past impact them today
- when a relationship is strained
- when life feels out of control or too difficult
- when they just feel like they need to talk to someone.



Therapeutic groups

We offer residents access to a range of therapeutic groups – some focus on learning specific skills, while others facilitate the giving and receiving of support from the collaborative expertise of the group.

Participants are given the chance to share their story, which can help them heal, feel

less alone and develop valuable skills towards achieving their goals and living a fulfilling life.

We promote our therapeutic groups within each village's newsletter including program updates and upcoming group times and locations.

Contact Us

To know more about our mental health and wellbeing programs for older persons, send us an email at MHRPintake@wesleymission.org.au

If you'd like more information about our Community Wellbeing Network, contact **Liam Hodge** on Liam.Hodge@wesleymission.org.au

We're not an emergency service. If you need to speak to someone urgently, call Lifeline on 13 11 14.



Help save lives

Become a Lifeline Sydney & Sutherland volunteer Telephone Crisis Supporter

Somewhere in Australia there's a person who reaches out to Lifeline every 30 seconds. And throughout 2019/20, Lifeline & Sutherland volunteers answered 28,759 calls.

Lifeline Sydney & Sutherland invite you to apply for our Crisis Supporter Workplace Training (CSWT) Fast-track Program. Through our CSWT Fast-track Program, you can complete our Crisis Supporter Workplace Training in less than six months, providing you with the same credentials in a shorter period of time, all while supporting our community.

Register your interest [online](#) by 30 April 2021.

