

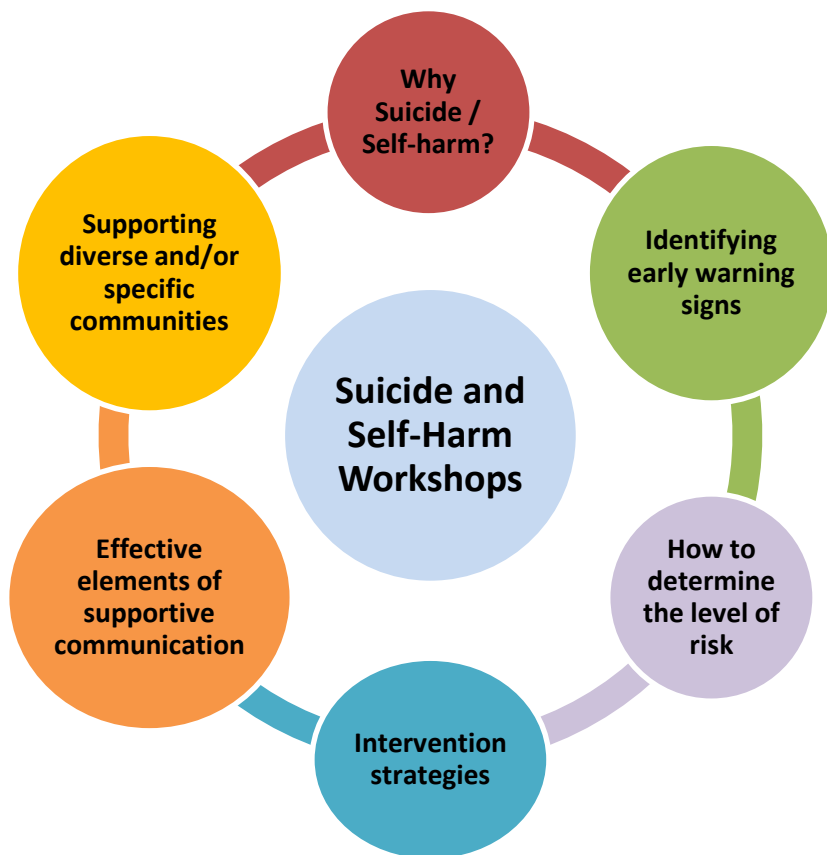
## Most suicides are preventable

Australia currently has more than 3000 people take their own lives in one year and for each of those death at least 30 more people make an attempt

### Would you know what to say or what to do?

ASCEND is a Youth Suicide and Self Harm intervention program that actively works within the community in collaboration with diverse services and organisations to reduce the stigma around Suicide and Self harm. Our training includes the necessary knowledge in suicide prevention and intervention and builds on professional and personal lived experiences.

We can also provide tailored training in your workplace to suit your specific agency and staff needs. Our methods of training include a full or half day workshop.



#### Workshop

Suicide & Self Harm workshop including culturally & linguistically diverse communities (CALD)

**Friday 28th February 2020**

413 Grange Road, Seaton  
9.30am – 4.30pm

**Thursday 16th April 2020**

Level 2, 45 Wakefield Street, Adelaide  
9.30am – 4.30pm

**Friday 26th June 2020**

413 Grange Road, Seaton  
9.30am – 4.30pm

**Friday 28th August 2020**

Level 2, 45 Wakefield Street, Adelaide  
9.30am – 4.30pm

**Friday 30th October 2020**

413 Grange Road, Seaton  
9.30am – 4.30pm

**Thursday 26th November 2020**

Level 2, 45 Wakefield Street, Adelaide  
9.30am – 4.30pm

To Register fill in the attached form and email to [registrations@centacare.org.au](mailto:registrations@centacare.org.au)  
or for further information please contact Centacare on 8215 6700.