



# SCOPETALK

**AWARENESS**

## 1 Hour Stress – Distress – Awareness – Response Talk

Increase awareness of the mental wellness spectrum and the Te Whare Tapa Whā model to learn how to achieve optimal mental wellness.

SCOPETALK looks at our human attributes that contribute to our pillars of wellness. We use the Te Whare Tapa Whā model to identify our signals for help. The model assists us in recognising the kinds of support we require. It also helps us identify the safe coping activities we need to engage in to manage our distress and achieve optimal mental wellness.

**Focus:** Stress – Distress – Awareness – Response

**Duration:** 1 hours

**Participants:** Anyone aged 16 years and over

**Developers:** 1 Degree/A-OK/National Centre for Suicide Prevention Training

### How SCOPETALK works

An organisation can arrange a facilitator to run this talk for their staff, team, community and organisation. A trainer and a support person will be present to ensure sufficient support is provided during the awareness training.

Suppose your organisation is developing a safe response to mental distress and suicide prevention. In that case, this session will inform participants of the various helper roles that could be made available.

### Training process

SCOPETALK is a presentation with interactive elements. Trainers will facilitate participants' involvement through:

- Trainer presentations
- Interactive discussion and questions amongst the group
- The SCOPE PLAN wallet card.

### Goals and objectives

SCOPETALK helps participants recognise when they are 'Thriving, Surviving, Struggling and in Crisis'. Participants will learn to recognise help signals for themselves and their workmates.

### What will I learn

During the talk participants will learn the following:

1. Human fundamentals
2. Emotional spectrum
3. Mental health spectrum – thriving, surviving, struggling and in crisis
4. The difference between stress and distress
5. Wholistic pillars of wellbeing – Te Whare Tapa Whā:
  - Mental Wellbeing – Hinengaro
  - Physical Wellbeing – Tinana
  - Spiritual Wellbeing – Wairua
  - Social Wellbeing – Whānau
6. How to recognise signals of distress
7. How to identify your natural reaction to stress/distress and how to use their 'MY SCOPE PLAN' during these times.

### Who should attend SCOPETALK

Everyone needs to attend a SCOPETALK. Even if you do not have the capacity, skill or confidence to talk to someone in need, it is important to know you have your own SCOPE PLAN. This plan is there to support you during your times of distress.

**'Everyone has a role in mental wellness and suicide prevention.'**



# CHECKMATE

CONNECTOR

## 3 HOUR – CHECKING IN SKILLS

Learn how to recognise and check in on your MATES distress signals. Wherever you are, you can use the CHECK steps to safely check in and connect with someone in distress.

### CHECKMATE – MENTAL WELLNESS AND SUPPORT

CHECKMATE is a CONNECTOR HELPER training programme that equips and inspires organisations to increase life-supporting conversations and wellness in the workplace.

**Focus:** Mental Wellness and Support

**Duration:** 3 hours

**Participants:** Anyone aged 16 years and over

**Developers:** 1 Degree/A-OK/National Centre for Suicide Prevention Training

#### What is CHECKMATE?

CHECKMATE is a workplace/team connector-helper training programme. It gives your team the skills and knowledge about distress and how to check in, collaborate and cope.

Most colleagues, peers, players, coaches and management want to help but often find it hard to start the conversation or know what to ask. In the CHECKMATE workshop, you will learn how to have life-supporting conversations.

#### Learning outcomes

CHECKMATE participants will learn:

- To notice and respond to situations where a colleague or staff member needs support
- To explore and manage our dilemmas
- To apply the CHECK steps that allow you to **Connect, Collaborate** and **Check In** on coping activities
- To identify workplace and community resources and how to connect someone for further help
- Self-care and wellbeing plans to support your CHECKMATE skills
- How to keep checking in and maintain the relationship.

#### CHECKMATE is for everyone

Everyone in your organisation needs to have 'CONNECTOR HELPER' skills.

CHECKMATE can be tailored to your specific industry or workplace wellbeing support needs.

#### Life-supporting organisations where everyone has a helper role

In a life-supporting organisation, everyone is trained to recognise when a person is distressed and know how to check in on them. You may not always be able to connect with them. However, as a life-supporting organisation, you may know someone who can connect with them. You will also understand the impact distress can have on people and helpers. You'll recognise the need for an established network of helper support within your organisation.

A 'CONNECTOR HELPER' will be able to check in on:

- Distress signals
- Coping options
- Unsafe coping options such as self-harm or suicide
- Wellbeing support options
- Safety from harm.

*Avoidance out of respect and privacy is not the answer. A life-supporting conversation is. Understanding the wider spectrum of support options offered to your organisation is important. CHECKMATE offers you skills to check in, collaborate and connect your MATES to safe coping and safety support.*

#### Training features include:

- Powerful audio-visual learning aids
- The simple, yet effective CHECKMATE steps
- Hands-on skills practice and development
- Workbook and wallet card for support.



# SUICIDE FIRST AID

**SAFETY AIDER**

## 1 DAY SUICIDE FIRST AID SKILLS TRAINING FOR EVERYONE

Understand why life-supporting conversations are important.  
Learn how to use life-supporting conversations to keep people safe.

Safety Aider training is an interactive workshop in suicide first aid. A SAFETY AIDER can understand how suicidal thoughts and actions come about. They know how to use a Suicide Safety Guide to keep a person thinking about how to stay safe from suicide. Participants do not need any formal training to attend the workshop. Safety First Aid can be learned and used by anyone.

**Focus:** Suicide First Aid Intervention

**Duration:** 1 Day

**Participants:** Anyone aged 16 years and over

**Developers:** 1 Degree/A-OK/National Centre for Suicide Prevention Training

### Designed for everyone

Suicide First Aid training is a must for all workplaces. Similar to First Aid training, you are assisting a person experiencing mental and/or emotional distress with care and suicide intervention skills. The aim is to preserve life and prevent their distress from transitioning into suicidal behaviours.

Suicide First Aid offers a framework that can keep people safe from suicide, self-harm or suicide accidents.

### Open safe conversations help

Most people thinking of suicide never get an opportunity to have an open conversation. They often make the biggest decision of their life without first talking through what their intentions are.

### Available online

Suicide First Aid is also available online. It is delivered as two sessions, three hours each, focusing on:

- Why we need these conversations
- How to use the Suicide Safety Guide.

Extra practice sessions are recommended for your group.

### What will I learn?

- An exploration of values/beliefs/attitudes
- What prevents people from seeking help
- What prevents us from offering help
- Understanding suicidal thoughts and actions
- The signals for help
- The Suicide Safety Guide - a guide to help someone who is having suicidal thoughts to consider their options and stay safe
- Partnerships working together
- Use of Tikanga and Māori models of health.

### Why this course?

- Evidence-based and independently evaluated
- Flexibility, sensitivity and safety are considered a learning priority throughout
- Includes latest research findings
- Interactive discussions, case studies, short films, and time to practice
- Passionate, qualified trainers with hands-on suicide intervention experience
- Annual refreshers/online support offered.

### Suicide spectrum

In the Safety First Aid training, you will learn how and why suicidal thoughts and behaviours can occur. The course offers an interactive learning opportunity to explore what leads to a person experiencing suicidal thoughts and a framework to keep them safe.