



SUICIDE PREVENTION AND MENTAL WELLNESS TRAINING PROGRAMME FOR

WORKPLACES
SCHOOLS
SPORTS TEAMS
COMMUNITIES

Our team has 20+ years of suicide prevention and mental-upkeep training across New Zealand and Australia



'Acts of Kindness' that enable life-supporting communities across NZ



ABOUT A-OK.NZ

A-OK.NZ is a suicide prevention and mental wellness programme for workplaces, schools, sports teams and communities.

A-OK.NZ offers a spectrum of support skills to *enable immediate support at the ground level*, within your workplace, your school, your sports team and within your community.

The skills or acts of kindness our programme offers is life-supporting conversations. By the end of our programme anyone can have these conversations safely. There are some key support roles that every organisation should have to ensure their organisation is suicide-safer. While the programme is focused on preventing suicide, it can also help workplaces to reduce harm and increase health and safety.

QUALITY AND SAFE PROGRAMMES & FACILITATORS

A-OK offers a collection of both internationally recognised, evidenced-based programmes and nationally developed programmes to up-skill specific support roles that every organisation and community should have to become more suicide-safer.

Our team has 20+ years of training bringing quality internationally developed training content and a NZ context together. Our programmes have been cultured and localised to ensure the learning is relevant and transferable to anyone that is willing to take up a specific support roles within their organisation.

Program Developers / Partners

Livingworks - 30+ years experience

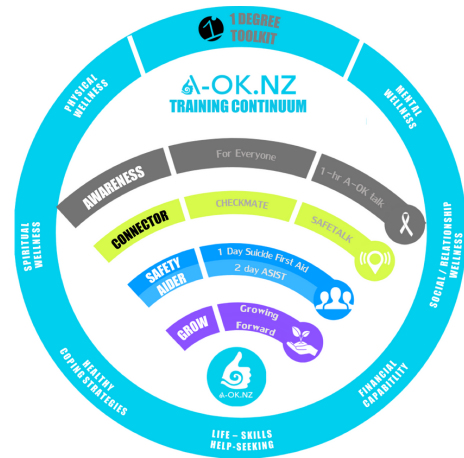
National Training Centre of Suicide Prevention

UK/Australia - 20+ years experience

1 Degree Workshops - 10+ years experience



A-OK SUPPORT PROGRAMME Five Levels of Support



The range of programmes we offer will equip your region to:

1. Increase **awareness** of Suicide Prevention and Mental Wellbeing support needs.
2. Increase **alert and connector skills** to be able to recognise signals of help and respond with safety and care.
3. Increase **safety aider support** to ensure helpers are able to identify life-supports that enable safety from harm or suicide.
4. Increase **growers support** to ensure workplaces, schools, communities understand the kinds of help/support they can offer when someone returns to their normality and is growing through their recent experience of suicide or mental distress.
5. Supporting regions / industries / communities to develop their **database of safety supporters** to enable safety aider support.
6. Provide helper / support development opportunities through **1degree toolbox** of life-supporting skills to strengthen their helper capacity and networks.



A-OK.NZ RANGE OF WORKSHOPS & ROLES WITHIN A LIFE-SUPPORTING COMMUNITY



AWARENESS TRAINING - AOK TALK

A 60 min awareness AOK TALK introducing your group to suicide prevention. It highlights the mental wellness spectrum and the different levels of needs presented when someone becomes mentally distressed and / or suicidal and an overview of available supports within your group and community.

We recommend that this session is provided to your entire organisation, in the format that suits.



2. CONNECTOR TRAINING

A 3-4 hour training for those who expressed interest after the initial awareness training can go on to learn how to become a connector with your organisation.

A connector is someone who can recognise when someone needs help, connects and checks in on them, then connects them to relevant safety aiders.

We have CHECKMATE & SAFETALK available. We recommend as many connectors as possible.



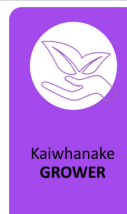
3. SAFETY AIDER TRAINING

This is available to those who expressed interest after the connector training. A safety aider is suicide first aid trained helper.

Whether suicidal thoughts are present or not, these skills cover a wide range of safety aiding support for various mental distress levels, also providing support to the trained connectors and wider staff.

1 Day Suicide First Aid and 2 Day ASIST are available programmes for Safety Aider Training

It is important that every organisation has at least two trained ASIST people on site or available on call to assist anyone at risk of suicide or mental distress.



4. GROWERS

Growers or grow support is offered when safety is established and the person you are supporting collaboratively is now trying to grow through their recent mental distress / suicidal risk / grief.

Most people growing through these times still have to work, go to school, play sports or be part of their community. Its great insight to have as an organisation as we journey with them through their challenges and towards their milestones.

Recommend 2 grow supporters in your organisation.



Growing Forward

For Workplaces, schools, sports teams and community



suicide to Hope

For clinicians / professional support



1 Degree Toolbox

1 degree workshops administers a Mental Upkeep / Coping skills toolbox. An online, self directed learning toolbox is available support people growing forward.



A-OK stands for Acts of Kindness that enables life-supporting communities.

We believe anyone can have life-supporting conversations.

We believe suicide is prevented when we work together

A-OK NZ works inter-connectedly locally, regionally, nationally and internationally.

A-OK NZ needs the support of local communities to partner to the best life-supporting solutions for your community.

Developing community-led solutions to build life-supporting communities is a priority outcome for A-OK NZ.

We believe that life-supporting conversations will anchor community-led solutions that will enable life-supporting communities.

A-OK NZ facilitations bring a cultural and NZ context to the training along with 20+ years of training / practical experience.

Suicide Prevention and Mental Upkeep Programme

Enrolling your organisation into the programme

If you are interested in enrolling your organisation into the **A-OK Support Training Programme**, please contact us on info@a-ok.nz or call us on 027 854 6988

We do have both online and face to face options
We can also tailor the programme to suit your organisational needs.

Workshop size

There is a cap on numbers for some of the levels and online options

Awareness - online and offline - unlimited

Connector - online (up to 12), offline - up to 25

Safety Aider - online (upto 12), offline - up to 20

Growers - offline - up to 10

Workshop location

The organisation provides the space, however we can assist if this is not possible.

We do encourage organisations within the same region to work collaboratively to share the costs. For small sized groups, we do run public schedule workshops across NZ regions 3-4 times a year. Check out www.a-ok.nz/nationwide

COST FOR THIS PROGRAM

The costs does not include travel / accommodation if required and is GST excl.

AWARENESS - \$500 - 1 hour

CONNECTOR

SAFETALK /CHECKMATE - 4 hr workshop, \$1500

(online) CHECKMATE - 3 hrs, upto 12 people, \$750

SAFETY AIDER

Suicide First Aid - 8 hrs, upto 20 people - \$2000

Online Suicide First Aid. 6 hrs, upto 12 people, \$1400

ASIST Training - 2 days - up to 20 people - \$4000

GROWERS - \$2000 - Growing Forward - 8 hours

1 Degree - Subscriptions available after completion of the workshops