Recognise and Respond

FREE online training

Worried about someone? Learn how to have a caring conversation about suicide

Recognise and Respond is a FREE 1-hour online course that can equip you with the skills and confidence needed to have a caring conversation with a friend, family member or colleague who may be at risk of suicide.

Who is this training for?

Recognise and Respond is designed for the general population aged over 16 years, living or working in South Eastern NSW. If you've been recently impacted by suicide, now might not be the right time to take part in this training. Please join when you feel ready and at your own pace - your wellbeing comes first.

If you or someone you know needs support help is available. For 24/7 support contact Lifeline on 13 11 14 or 13YARN on 13 92 76.

How to access the training

- The training is **FREE** for anyone in South Eastern NSW
- Only takes 1 hour to complete
- Scan the QR code to learn more and access the training or visit **LearnToReachIn.info**

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COORDINARE

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