

Sector Capacity Building Initiative

Conversations 4 Life

Early suicide prevention training

Conversations 4 Life (C4L) is an evidence-based 4-hour program based on early suicide prevention and mental health wellbeing. C4L focuses on recognising when someone is vulnerable or facing a personal crisis. It aims to connect a person when they are most likely to withdraw. The program identifies simple, relevant signs that frontline workers can recognise early.

About Conversations 4 Life

- Australia's innovative and evidence-based approach to suicide prevention and wellbeing.
- Created by leading mental health and education experts with lived experience input.
- Practical, succinct training that incorporates real life scenarios.
- Proven to increase participants' confidence, willingness and ability to have conversations with people who are vulnerable and understanding the drivers of despair.

Training is suited to human services professionals in the Gladstone Region, who want to improve quality, timeliness and continuity of supports for client, and enhance their understanding of mental health, wellbeing and suicide prevention.

About Training Facilitators

Gladstone Mindcare promotes improved mental health and wellbeing by empowering our community through education, information and connectivity to achieve our Vision of a community that is mentally well, resilient and stigma free.

Cost

\$158 per participant. If cost of training is an inhibitor to participation, please contact GRT.

The Sector Capacity Building Initiative partnership has sponsored:

- ✓ Training Venue
- ✓ Training Catering
- ✓ Training Coordination and Administration



Conversations 4 Life

4 hour session, In-person

Tuesday

2 December 2025

10:00am-2:00pm

CQUniversity Gladstone Campus
Leo Zussino Building.

**Limited Spots
Register Today!**



Contact:

For further information and to register, contact GRT:

P: 07 4970 7382

E: togetherinlearning@gladstoneregiontogether.org.au

W: www.gladstoneregiontogether.org.au

The Sector Capacity Building Initiative
is proudly partnered by:

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