

TOUCHPOINTS

We all have a role to play in suicide prevention.



Join us for this FREE community TouchPoints workshop

Learn how to confidently recognise and respond to suicide.

On completion of this workshop, you can expect to have:

- attained a deeper understanding and appreciation of the complexity of suicide.
- increased awareness of warning signs and invitations for help.
- increased confidence & capacity to engage with people in crises.
- improved confidence to connect a person at risk of suicide with support.
- an appreciation of the importance of self-care and practical tools to implement.
- 'debunked' commonly held suicide myths with facts and lived experience.
- practical ways in which to support someone bereaved through suicide.
- knowledge on how best to support someone's return to the workplace.



Workshop details:

Date	Friday, 16 January 2026
Time	9:30am – 2:00pm
Location	Lithgow Information & Neighbourhood Centre, the hall, 1 Padley St, Lithgow NSW 2790



<https://forms.office.com/r/uez5gsZSCS>



How do I register?

To register to attend, click [here](#) or on the QR Code, or scan it with your smart device camera.

What do I need to bring?

You will be provided with a workbook and light refreshments on the day, so just bring a pen and an open mind.

This activity is funded by Nepean Blue Mountains Primary Health Network (NBMPHN), as part of the Australian Government's suicide prevention initiatives. Wentworth Healthcare is the provider of NBMPHN.



Roses in the Ocean
stemming the tide of suicide

phn
NEPEAN
BLUE MOUNTAINS
An Australian Government Initiative

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