



# CORES<sup>tm</sup> TOWNSVILLE

## COMMUNITY RESPONSE TO ELIMINATING SUICIDE

CORES<sup>tm</sup> offers community members a Free one day suicide prevention course. The course educates people how to identify the basic early warning signs of someone who may be at risk of suicide. The participants are also taught what steps to take, once they have identified the person at risk, including how to utilise all the available resources.

The course is a very user friendly, interactive day & people do not need any special skills to complete the training successfully.

The aim is to be pro-active & reach people at risk before it gets to a crisis point. CORES<sup>tm</sup> members provide that crucial link between people at risk & the health professionals. While you won't be trained to become a counsellor, you will learn how to connect someone at risk to the professional help available if need be. The program not only raises awareness of the problem of suicide but more importantly of the help available. The more skilled people out in the community, the less chance there is of someone at risk not receiving the appropriate help they need.

More information about CORES<sup>tm</sup> can be found on our national website [www.cores.org.au](http://www.cores.org.au) The program has been in operation in the Burdekin since July 08 & is spreading to other North Qld communities. 332 people have already completed the one day course. Nationally over 2000 Australians have completed the one day course.

CORES which is operating in most Australian states, has been featured twice on ABC TV's Land Line program once in 2006 & once in 2008. CORES<sup>tm</sup> received national recognition at the 2007 Australian Suicide Prevention Awards as well as the Tasmanian State Award for Community Suicide Prevention in 2007. CORES<sup>tm</sup> builds momentum in the community through the delivery of the one day course. It also builds strength through the networks created by the everyday people on the ground that after the one day's training; possess the skills to recognise someone at risk but more importantly what to do next. The benefits to the community live on through the locals who have been trained.

Many of you may have completed a first aid course, just in case you need those skills one day. The CORES<sup>tm</sup> one day course is exactly the same. You may need the skills we can teach you one day.

If you are interested in attending a one day course or you want to find out more about CORES<sup>tm</sup>, contact.

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“ YOU NEVER KNOW WHO YOU COULD HELP ”