

Recognise and Respond gatekeeper training

Suicide prevention for everyday life

Primary Health Tasmania has received licences for *Recognise and Respond - Suicide Prevention for Everyday Life* gatekeeper training through the Black Dog Institute.

Recognise and Respond is an online course that aims to reduce and prevent suicides in Australia. It provides the tools and confidence you need to have a key conversation and respond to a friend, family member or colleague who may have suicidal thoughts.

Recognise and Respond training is free for individuals and for organisations and will be offered until the current batch of licences has been used.

Primary Health Tasmania is encouraging all Tasmanians interested in suicide prevention to consider completing a gatekeeper training program such as *Recognise and Respond* or *Question Persuade Refer* (QPR), which can also be accessed for free via the Primary Health Tasmania website.

A snapshot of Recognise and Respond training

You can work through the interactive *Recognise and Respond* course at your own pace, stopping and starting as you like. As long as you have a computer, tablet or mobile device, access to the internet, and register for an account using the instructions below, you can complete the training. For example, you can do it at home or with the help of a volunteer at your local library.

The *Recognise and Respond* course provides a guided learning experience, with expert videos and case studies.

In a nutshell, the course covers the following topics:

- **recognising the signs:** how to notice changes in behaviour and possible risk of suicide
- **case studies:** choose the stories you'd like to follow, to learn how to respond to someone at risk
- **self care:** all-important skills on how to look after yourself while supporting others
- **scenario-based challenges:** check your understanding of what you've learned in the course.

The course takes about one hour to complete. You will be able to download a certificate when the course is completed.

There are fact sheets, interactive worksheets and other resources available to download and use after completing the course.

Getting started

You can do the *Recognise and Respond* gatekeeper training for free and you do not need to be part of an organisation.

To get started, click [here](#) and you will be linked directly to the training program web page.

Then you will then need to:

- *click on the tab that says **Enrolment Key***

You will be directed to a page with the below instructions:



Sign Up

To use the key VVH1Z3DjyM0wsG0pxlSG, please sign up for a new account or login to an existing one.

To sign up for an account, fill out all information requested, including:

- First Name
- Pronouns
- Last Name
- Email address
- Password
- Re-enter password.

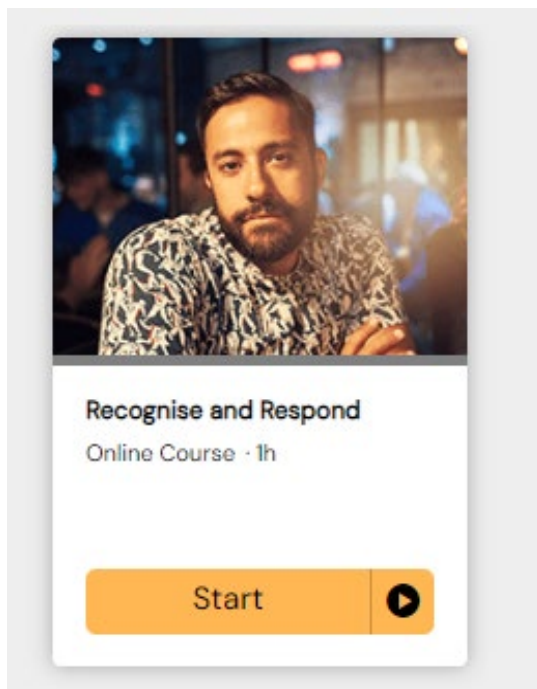
Please note that the email address you enter will be your username. You will need to make a note of both your username and password to log back in to the training portal later.

Once you have filled out your information, *click* **Sign Up**.

You will then be directed to the Welcome dashboard.

Click on the tab that says **My Enrolments**.

You will have one enrolment which will look like this:




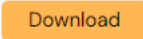
Click on the **Start** button and follow the instructions to work through the training course.

You can leave the training at any time and pick up where you left off.

To return to training portal, click [here](#).

Then click on the **Login tab** and enter your username and password to log back in to your account.

Once you have finished the training course, you can access a completion certificate by:

- Clicking on the hamburger  menu (located in the top right corner of the screen)
- Clicking on the tab that says **Records**
- Clicking the yellow download  button to download your certificate to print or save.

More information

For more information about *Recognise and Respond* gatekeeper training:

- access an explainer video [here](#)
- access information about the course on the Black Dog Institute's website [here](#).

You can also contact Primary Health Tasmania on **1300 653 169** or click [here](#) to send us a message.

Please note: Primary Health Tasmania does not offer health services, crisis or emergency support.

Your regular GP/doctor's surgery should always be your first point of call if you need medical or mental health care

In an emergency, call triple zero (000) for ambulance, fire or police.

For advice on health services open at night, public holidays and weekends, visit the [Tas After Hours website](#).

The following helplines are also available for urgent assistance:

- Access Mental Health helpline (Tasmanian Government) 1800 332 388
- Lifeline Crisis Help 13 11 14
- A Tasmanian Lifeline 1800 984 434
- Kids Helpline 1800 55 1800
- Drug and Alcohol Counselling (Tasmanian Government, after hours) 1800 811 994
- Poisons Information Centre 13 11 26.

Primary Health Tasmania Limited
1300 653 169
info@primaryhealthtas.com.au
www.primaryhealthtas.com.au
ABN 47 082 572 629

