

Speaking together for mental health and suicide prevention

Sign the Charter:
tascharter.org

Tasmanian Communications Charter:

A state-based approach to mental health and suicide prevention

Tasmanian Communications Charter introductory training

Facilitator's Guide

The Tasmanian Communications Charter brings together the mental health and suicide prevention sectors along with government and community leaders to promote a shared understanding and common language around mental health and suicide prevention.

Prior to signing the Charter, participation in the introductory training module is required.

Below you will find a step by step guide to facilitating the introductory training at a team meeting or staff training day.

1. Prior to training read through the Tasmanian Communications Charter document, powerpoint slides and powerpoint notes.
2. Set the time and date for the training, 30 minutes should be enough time to complete the training. Include the *staff training session* leaflet in your invitation to staff.
3. Begin the training by providing each staff member with a quiz sheet, then go through the powerpoint slides and notes, stopping to discuss quiz questions.
4. Once the training is completed, participants will receive a certificate via email from the Mental Health Council, Tasmania. Helpline numbers are offered at the end of the powerpoint presentation and it is encouraged that staff take a break after the training.
5. After the training is completed, please submit a list of participants along with work email addresses to:

Bree Klerck

Mental Health Council Tasmania

bklerck@mhct.org

Group training resources:

- Powerpoint slides
- Powerpoint notes
- Quiz sheet
- *Staff training session* leaflet
- Tasmanian Communications Charter document

Facilitator support:

For questions relating to the training please contact the Tasmanian Communications Charter Project Officer.

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