

Youth in Distress: Managing Suicidality and Self-harm – Upskilling the School Counsellor Workforce

6-hour Professional Development Training developed by the Black Dog Institute in partnership with NSW Department of Education.

“Best training, I have been to in 25 years in this job.”

Achieved statistically significant shifts in participant knowledge and confidence in:

- ✓ Undertaking a suicide risk assessment effectively
- ✓ Developing a collaborative safety plan
- ✓ Implementing a team approach to treatment planning
- ✓ Providing effective management following a suicide attempt
- ✓ Identifying strategies for self-care

- ✓ **92%** found the overall quality of the training to be excellent
- ✓ **92%** found the training extremely relevant.
- ✓ **1,196** School Counsellors and School Psychologists trained

“As a direct result of your training, I was able to manage a situation where there was risk of suicide in a manner that was calm, and methodical, informed other school staff who were unsure of procedure, and ensured the best possible future outcome for the student at that time, and hopefully in the future..”

“I am confident your course will help save young lives.”



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- ✓ **Black Dog Institute** is a world leader in the diagnosis and prevention of suicide and mental illness.
 - ✓ As a medical research institute **Black Dog Institute** embodies **innovation**.
- ✓ Our programs are founded on a **knowledge translation** model meaning that they are all led by research that happens here at the Institute and around the world.
- ✓ The Youth in Distress program is an example of **knowledge translation in action, embracing research, clinical expertise, education and lived experience** to create **evidence-based, accessible and practical training and resources**.
- ✓ The program was developed alongside experts from **Lifespan, The Centre for Research Excellence in Suicide Prevention (CRESP)**, and in collaboration with **NSW Department of Education and School Link (Department of Health NSW)**.