

FREE Suicide
Prevention Training

Hāwera

Wednesday 7th August 2024

8:30am - 4:30pm

Mana Akiaki: *LifeKeepers* for Māori*

E aku tī, e aku tā. E karanga ana a Mana Akiaki kia rarau mai tātou i raro ngā manaakitanga o te runga rawa, kia whai oranga tēnei kaupapa. Ki te whakawātea te hinengaro, kia rere pai ai te wairua kia patua tātou i te ngāngara e ngau nei i a tātou.

Mana Akiaki: *LifeKeepers* for Māori aims to equip communities and whānau with the knowledge and skills needed to help prevent suicide. The wānanga is delivered through a Māori lens, weaving te reo me ōna tikanga, ngā whakataukī, and mātauranga Māori throughout. Fluency in te reo Māori is not necessary for this wānanga.

Through this training you'll:

- Learn how to kōrero responsibly about suicide;
- Gain an understanding of the factors that contribute to someone being suicidal;
- Learn what to look for when someone may be at risk of suicide;
- Develop strategies for how to ask about suicide, respond with confidence, and engage different services and supports.

Mana Akiaki: *LifeKeepers* for Māori suicide prevention training is evidence based, clinically safe, culturally responsive, and available to New Zealand citizens and residents 18 and over.

Register now via the website: www.lifekeepers.nz

*Does not exclude non-Māori. This wānanga is suitable for all audiences with a particular focus on tāngata Māori. *LifeKeepers* suicide prevention training is for community members and frontline community service workers who are most likely to interact with people at risk of suicide.