

## **Suicide Risk Mitigation**

The workshop will cover current best practice in suicide risk mitigation for practitioners.

Key topics include:

- Suicide: Scope of the problem, including update of impact of covid on mental health and suicide risk
- Depression and suicide screens
- Suicide risk assessment
- Risk mitigation and brief interventions
- Resources to support brief interventions, including digital mental health resources.
- Stress and self-care.
- Copies of tools and resources will be provided.

### **The workshop is facilitated by Dr Annette Beautrais.**

Annette has a broad background in health and mental health research with specific expertise and experience in suicide research and prevention. She has conducted multiple research studies, working in New Zealand and internationally, and has published extensively about suicide and suicide prevention. She currently works as Suicide Prevention Co-ordinator with the South Canterbury DHB. In addition, she provides community and professional training in suicide prevention throughout New Zealand.

9.00am- 5.00pm