

# BORN SURVIVORS

## Did you know?

**Suicide** is responsible for more deaths than road accidents.

**Suicide** is the greatest cause of death for Australians under 44.

Sadly suicide impacts many thousands of Australian families every year.

Focus on the Family Australia were approached by a regional community who had suffered 42 suicides in two years. They wanted to know what more they could do to meet the needs of those hurting and to prevent more deaths. In response we developed **Born Survivors**.

While the issue is complex.  
**Together we can save lives.**



# DEALING WITH THE CAUSE NOT JUST THE SYMPTOMS!

Q.

What does the **Born Survivors** program offer?

A.

In addition to providing evidence-based intervention and response strategies, **Born Survivors** explores some of the key elements of resilience and wellbeing.

## THE PROGRAM

**Born Survivors** is a tool designed to increase a community's capacity to deal with local issues surrounding suicide.

The program is divided into 3 sections/workshops:

1

### INTERVENTION

Taking Action:

Risks and Signs  
How to Respond

2

### RESPONSE

Healthy grieving:

The grieving process  
Helping others

3

### PREVENTION

Building Resilience:

Keys to wellbeing  
Staying connected

## TRAINING

One day's training is offered to teachers, pastors, health workers, youth leaders, chaplains and other local leaders. The **Born Survivors** training and resources will equip participant's to run both adult focused and/or youth focused workshops within their own context.

Contact us about hosting a training day in your community and receiving one free training!

For more information contact  
Focus on the Family Australia on 1300 300 361

[www.families.org.au](http://www.families.org.au)



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