

About the program



Deadly Thinking is a social, emotional wellbeing and suicide prevention program specifically designed by and for Aboriginal and Torres Strait Islander communities.

Designed in 2010, the program is independently evaluated and has grown to be nationally recognised. To this day, Deadly Thinking continues to be delivered by Aboriginal & Torres Strait Islander presenters who contributed to its co-design.

Deadly Thinking workshops are an opportunity to come together to yarn and learn about social and emotional wellbeing in a safe and culturally appropriate way.

The workshops are presented in small groups of men, women, or both. An ideal group size is between 10 and 20 people.

Deadly Thinking workshops encourage you to have a yarn, stay strong and connected to culture and country, and explore ways to promote social and emotional wellbeing for you, your family and your mob.

What can workshop participants expect?

Presenters will guide the group through the workshop material, encouraging group participation and activities. Activities such as art, sport, music and filming can be incorporated.

Workshop participants will have an opportunity to yarn about their experiences and learn more about different aspects of social and emotional wellbeing.

Participants receive a Deadly Thinking training workbook, passport to mental health and certificate of attendance.

A close-up photograph of a person's hand, with a ring on the ring finger, drawing a tree-like shape into the sand. The sand is a rich orange-brown color. The background shows more sand with some faint, circular patterns.

Wellness is like a tree which needs good nourishment. We need good mental health to do the cultural, spiritual, physical and family things that keep us strong.



Frequently asked questions

Workshop topics

Yarning session
Worries that take away strength
What happens when we get sick?
Suicide risks
Strong mind, no worries
What stops us from getting help?
What keeps us strong
Strong spirit within
How do we get help?
Guided imagery
Support available

What is the cost to attend a community workshop?

Community workshops are planned and delivered by our nation-wide network of trained presenters. The cost to attend a workshop varies, depending on factors such as location, travel, attendance numbers, etc. If an individual or small group wishes to attend a community workshop, we can provide the contact details of a local presenter who will advise on the cost.

How long does a community workshop run for?

Deadly Thinking can be delivered as a single day workshop over a period of 4 to 6 hours, but times may vary according to the group.



For more information


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