



Frequently Asked Questions

What are the expected learning outcomes from the training?

At the end of the course, participants will have learned how to:

1. identify someone at risk of suicide in the rail environment
2. seek help (from Network Control, colleagues and emergency services) if they suspected a person is at risk of suicide
3. keep themselves safe while making a safe and effective intervention
4. get support for themselves post-event
5. action specific processes and protocols for their organisation.

How was the training developed?

The training has been adapted from a 2022 course developed and delivered for the United Kingdom rail industry by the Samaritans. Australian and New Zealand rail organisations and a range of suicide prevention experts, including those with lived experience, provided input on the text, images and videos.

Who can access the training?

The training can be accessed for free by anyone working in the Australian or New Zealand rail industry once you have completed the registration.

Are my answers confidential?

Yes. Your responses to the activities in the training are confidential and will not be shared.

Will I receive a certificate of completion?

Yes. Once you complete the training you will be emailed a Certificate of Completion.

Will the training be evaluated?

Yes. Dr Angela Clapperton, Centre for Mental Health, University of Melbourne will lead an evaluation of the training late 2023. De-identified data from the short survey included in the training will form the basis of the evaluation.

How does this training fit with existing suicide awareness training offered by rail operators?

This training is complementary to training provided by rail operators. Ask your manager for information about the procedures to follow at your organisation if you identify someone who you believe may be in distress or at risk of suicide.

Where can I get support if I have witnessed a traumatic incident such as a suicide attempt?

Witnessing a traumatic incident may affect how you feel and think, and your physical wellbeing. More information is available in the Resources section of the training.

There are a number of people and organisations that can provide support, for example:

- Your organisation may have a specific trauma management process. Your Manager or the section that delivers human resource/wellbeing programs can provide you with more information. You can also access confidential, free Employee Assistance Program and your organisation may also have Peer Supporters, a Chaplain and/or Mental Health First Aiders.
- Your General Practitioner
- [Lifeline](#), [Beyond Blue](#), [MensLine](#) and [Griefline](#) all provide free services
- A friend or family member.

Does the training provide the specific procedures for each rail operator?

No. The training provides general guidance on trusting your instinct, identifying someone that might be at risk, who to tell, how to safely approach and talk to someone and ideas for how to move them to a safer place while you wait for assistance. It also provides information on how to get support for yourself post-event.

Is the training relevant for light rail workers?

The training is focused on the heavy rail sector and the behaviours someone who may be considering suicide in this environment might exhibit.