

Core Connections is an interactive training that strengthens relationships, purpose, and resilience. In groups of 20–50, participants learn from each other through activities, structured discussion, and sharing real examples of strengths in action — building skills for mentorship, healthy teams, and meaning in work and life.

What participants learn

Core Connections teaches practical skills that strengthen individuals and teams:

- 1 Build genuine connections: Listen actively, show empathy, and keep commitments to the people around you.
- 2 Ask for and offer help: Recognise when you or others need support and connect with the right resources.
- 3 Stay grounded under pressure: Maintain purpose, manage stress through healthy routines, and spot warning signs early.
- 4 Strengthen your team: Build trust through shared experience, leadership, and care for one another's well-being.
- 5 Find balance: Develop sustainable work-life practices and reframe challenges to make them manageable.
- 6 Build wider connections: Create relationships beyond your immediate circle to expand your support network.



How it works

Six hours across two to three sessions, delivered in groups of 20–50 and guided by a SafeSide facilitator. No long PowerPoints: participants learn by doing through two alternating formats:



Interactive activities: Engaging exercises that reinforce key concepts and help people connect. All activities can be adapted to suit different comfort and mobility levels.



Meaningful group discussions: Structured prompts that draw out personally meaningful experiences without feeling like therapy.



Follow-up texts (optional): Learning is reinforced after sessions. 84% of participants chose to continue receiving messages for six months.

Learn more about Core Connections and get in touch on our website.



Why it matters

Most approaches to suicide prevention depend on knowing in **advance** who is at risk. But most people in distress never raise their hand — so conventional interventions miss them. Core Connections works differently.

Originally developed and rigorously tested as **Wingman Connect** with the US Air Force, it builds cohesive groups unified around healthy practices. This **network enhancement** — not any single lesson — is what accounts for the reductions in suicide risk and depression.

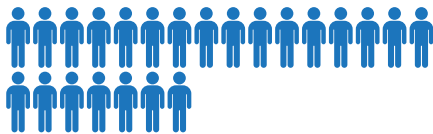
▲ IMPROVED	▼ REDUCED
▲ Bonds to teammates	▼ Depression
▲ Healthy career behaviours	▼ Suicide risk
▲ Team cohesion	▼ Work problems
▲ Team morale	▼ Anger
▲ Healthy team norms	▼ Anxiety

The program reaches people who may be at risk not by identifying them directly, but by strengthening the environment around them.

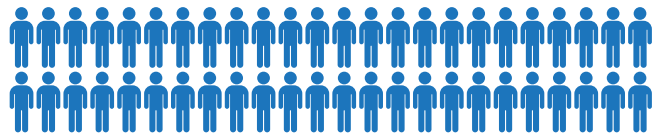
Gold-standard evidence

A cluster randomised controlled trial with United States Air Force personnel demonstrated (per 1,000 trained):

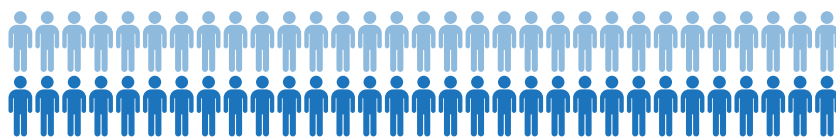
23 Fewer with Elevated Suicidal Behaviour Risk



48 Fewer with Elevated Depression Risk



50% Drop in Work Problems



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