

SafeSide CARE

(Mental Health, Alcohol and other Drugs, Primary Care, and Youth Services)



Why does it matter?

Supporting people with mental health and suicide concerns is rewarding, but emotionally demanding and time-consuming.

SafeSide CARE is a suicide prevention workforce education program with adaptations for mental health, alcohol and other drugs, and youth services.

The program provides the SafeSide Framework of evidence-based practices for person-centered care and gives staff a consistent, repeatable approach they can confidently rely on across sectors.

No matter where they are in their career, participants often describe leaving with a stronger sense of connection and clarity in their work.

Who is it for?

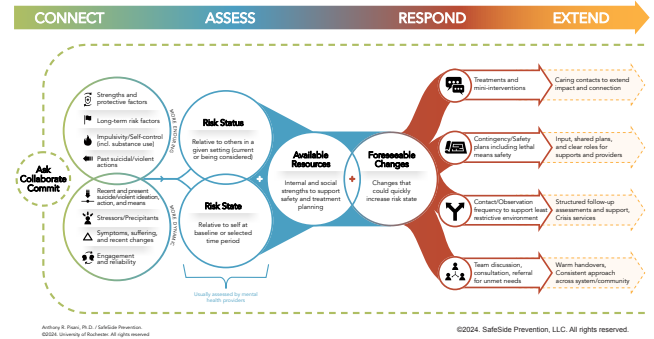
- **Mental Health:** Psychiatrists, psychologists, counselors, social workers, and non-clinical colleagues, including peer workers.
- **Alcohol and Other Drugs:** Counselors, allied health, social workers, and peer workers in AOD services.
- **Primary Care:** General practice and community sector professionals.
- **Youth Services:** Clinical and non-clinical roles, working with children and youth up to age 25.

What is SafeSide CARE?

It's structured, practical, and designed for staff working in mental health, youth, and alcohol and other drugs settings. It is delivered through SafeSide's InPlace® Learning. Hosts are based in your organization. They do not require training as the video-guided workshops are set up with prompts and instructions. All they need to do is track time and be confident in managing group discussion.

SafeSide also goes beyond 'one and done' training with opportunities such as monthly Q&A time with suicide prevention experts, regular research and practice updates.

Figure 1: The SafeSide Framework



Video-Guided InPlace® Workshop

Teams work together through specially designed video modules that teach, demonstrate, and prompt group interaction – a systematic framework and common language to unite your teams.

Community of Practice & Learning Sessions

SafeSide faculty and members around the world interact in monthly live learning sessions and an online Community of Practice. Get answers, share ideas, and build your professional network.

Refreshers & Updates

Stay current with advances through regular updates, new modules, and quick refreshers throughout the year.

