



CHOOSE LIFE SERVICES

# Teen **'ALIVE!'** ..... Youth Programme

## What Is Teen Alive....?



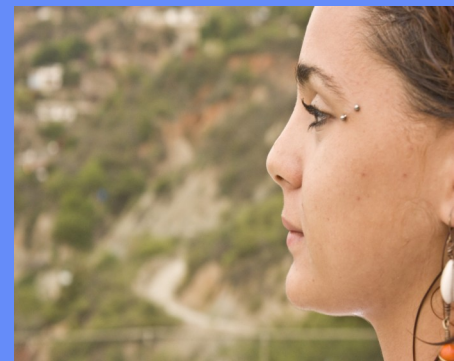
**Teen Alive!** is an initiative of Choose Life Services specifically developed to deliver suicide prevention sessions to young people 15-19 years. These can then be followed up by counselling sessions for participants if required for anyone that has been identified as exhibiting suicidal behaviour, or precursory behaviour to suicide. Teen Alive content includes recognising peer suicidal risk, social media, cyber bullying, contributing factors and associated behaviour awareness

## Cost

Please contact Choose Life Services for more information on 1300 132 098

## What's Included

- An hour and 40 min suicide awareness session for year 9-12 students/ or 15 –19 year olds including social media, cyber bullying and recognising and responding to risk factors in their peers
- follow-up counselling sessions for young people/ staff/ workers or significant others experiencing significant life issues and/or suicidal ideation



## Benefits of the Teen Alive Programme

Teen Alive teaches students to recognise and respond to their peers at crisis point. Teen alive focuses on quick effective intervention and support strategies.

By equipping young people aged between 15-19 we are directly targeting one of the most significant age brackets at risk of suicide. From a school point of view this nurtures a culture of peer support and cooperative safety.

Staff/ Youth worker/ Adult leader involvement further entrenches positive, comprehensive response across the community and highlights the care and concern the organisation has for its young people and their families.

## Group Requirements

- Support for the programme objectives
- Access to a room suitable for Audio Visual delivery for approximately 3 hours
- Involvement of up to 30 young people and any available adults throughout the session
- Access to a private room over subsequent weeks for follow-up counseling sessions where available if delivered in the school environment. A room can also be made available through CLS if required

## About Choose Life Services

Choose Life Services (CLS) is a non profit, privately funded community service seeking to offer hope specifically to those struggling with life issues that may lead to suicidal thoughts and behaviours and to those who are impacted by suicide. CLS offers free client counselling and support services for issues of suicidality.

**CLS** is a Mission of Churches of Christ Conference (Victoria/Tasmania) and operations are overseen by a Board of Governance with the following core objectives

- Provide counselling and support to people in Tasmania with issues relating to suicide.
- Provide relief to those who are affected by suicide regardless of race, creed, gender, age or disability.
- Provide preventative strategies, awareness and education in regard to suicide to the wider community.

Choose Life Services (CLS) has been delivering nationally accredited suicide awareness training courses for over twelve years