

CLS operates from a firmly based belief that:

- Each person is unique
- Each person possesses special qualities and abilities
- Every life has purpose and meaning
- A strong sense of self-worth, physically, intellectually, emotionally and spiritually is an important part of the journey towards healing and wholeness.

CLS is a non-profit community service seeking to offer hope, specifically to those struggling with suicide, suicidal thoughts, or who have been confronted with the suicide of a family member or friend.



CHOOSE LIFE SERVICES

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Suicide Prevention, Intervention & Awareness

SUICIDE INTERVENTION:

CLS offers hope and healing on the journey towards wholeness. If you need help, if you are struggling with suicidal thoughts, it is important to tell someone.

It is important to seek help...
You are not alone.

CLS operates throughout Tasmania with offices in: Devonport, Launceston and Hobart and can be accessed in other areas by arrangement.

CLS OFFERS:

COUNSELLING:

Counsellors are available to offer assistance. Counselling is by appointment and available in most areas. Face to face counselling is a short-term, intervention based model.

TRAINING:

CLS offers a range of training courses to community groups, businesses and organisations.

LIVINGWORKS:

- A.S.I.S.T.: Applied Suicide Intervention Skills Training. This is a two day course designed to give participants a sound knowledge of what to look for, and what to do.
- safeTALK: This half day training experience helps all members of your community identify persons with thoughts of suicide and connect them to suicide first-aid.

INFORMATION:

CLS offers a range of resources and information to assist people who want to know more about dealing with suicidal ideation (thoughts) or actions. We work in partnership with other health professionals.

COST:

Counselling services around suicidality are offered to clients at no cost.

Training course costs vary, costs will be provided upon enquiry.

EAP:

Our Employee Assistance Programme, encompassing staff support for business and industry, student support for schools and resident psychosocial support for Aged Care and In-home care providers.

CLS IS SUPPORTED BY:

The generosity of businesses, service groups, organisations and individuals throughout Tasmania.



1300 132 098

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