



CALM Yarn Program

Culturally adapted suicide prevention training for First Nations Communities

Overview

CALM Yarn teaches participants how to support someone, from thoughts of suicide to safety. It is culturally adapted, community-aware, and delivered by an Indigenous facilitator.

The program has been developed in partnership with Indigenous Communities. It follows the CALM methodology and reflects the unique context of the communities it serves.

Who is it for?

- Community organisations
- Health and wellbeing services
- Community workers
- Frontline workers supporting Aboriginal and Torres Strait Islander communities.



Participants build the confidence to:

Recognise	Start	Ask	Help	Develop
warning signs that someone may be thinking about suicide	a calm, compassionate conversation and build trust	about suicide and listen to worries with care	a person reconnect with themselves, their Country and their community	a practical safety plan and connect the person with appropriate supports

Why choose CALM Yarn?

- Evidence-informed, based on the latest research and built to develop real capability.
- A practical four-step framework (Connect, Ask, Listen, Monitor) for responding with confidence, without needing clinical expertise.
- Culturally meaningful and community-led in its approach.

Format

- One-day facilitator led workshop
- 6 to 15 participants
- Delivered face to face by a trainer who identifies as First Nations

An Introduction to CALM

Building practical capability for the conversations that matter most

Who we are

CALM is a mission-led training business with a social purpose. We use revenue from training, resources and related services to improve suicide prevention capability and mental health literacy in communities across Australia.

What we do

We help organisations, teams and individuals build practical skills for responding to emotional distress, suicide risk and difficult human conversations. We focus on building real capability, not just awareness, so people know what to do when a conversation matters most.



Our practical training programs

CALM

Our flagship accredited program in suicide awareness, prevention and intervention.

CALM Care

A condensed program that builds foundational suicide awareness and response skills.

Accidental Counsellor

Practical skills for people who support others through distress without formal counselling training.

CALM Yarn

A culturally adapted program for First Nations communities to build suicide prevention skills.

Psychological First Aid

Supporting clients immediately following a natural disaster or other distressing event.

Motivational Interviewing

Evidence-based skills for conversations that support behaviour change.

Why organisations choose us

Program quality

Based on the latest research and lived experience, practical and QIP accredited.

Flexible

All programs can be tailored to your context and delivered on a train-the-trainer model.

Person centred

Every program is built on real human connection, empathy, strength and respect.