

Accidental Counsellor



The Lifeline Accidental Counsellor course equips participants with the essential skills and structure to:

Recognise when a person is in crisis.

Respond in an appropriate and compassionate manner.

Refer the person to a suitable service.

Have you ever found yourself supporting a customer, client, friend, family member, colleague or even a stranger who is experiencing distress or a crisis, and you aren't sure what to say? Our **Accidental Counsellor workshop** equips participants with the skills and knowledge to respond appropriately in these situations.

Learning how to 'Recognise, Respond and Refer' helps participants build their confidence to support someone in distress or experiencing a crisis. Participants will learn effective communication skills, ask directly about thoughts of suicide and respond safely, whatever the answer. It defines the role of an **"Accidental Counsellor"** and includes a self-care module to ensure their own wellbeing.

This Face to face workshop is delivered by Lifeline Trainers. No pre-existing skills or knowledge are required. (age 16+)

DATE: 11 December 2025
TIME: 10:30am to 3pm (Light lunch provided)
VENUE: Narromine United Services Memorial Club,
58 Dandaloo St, Narromine NSW 2821
COST: FULLY – FUNDED

Registration Link:

https://lifelinecentralwest.org.au/event/ac_narromine_11dec/

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FOR FURTHER INFORMATION:

CALL 1300 798 258

EMAIL training@lifelinecentralwest.org.au

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