



**safeTALK**  
*suicide alertness for everyone*

### **Half day programme**

**Learn four basic steps to recognise persons with thoughts of suicide and connect them with suicide helping resources.**

Suitable for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, teachers, citizens ...

### **What is safeTALK?**

safeTALK is a 3.5 to 4 hour suicide alertness programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help save lives. Expect to leave *safeTALK* more willing and able to perform an important helping role for persons with thoughts of suicide.

### **What happens at safeTALK trainings?**

Expect to be challenged. Expect to have feelings. Expect to be hopeful.

See powerful reminders of why it is important to be suicide alert. Ask questions and enter discussions. Learn clear and practical information on what to do.

Practice the *TALK* (Tell, Ask, Listen, and Keepsafe) steps to connect a person with suicidal thoughts to suicide first-aid intervention caregivers.

Conclude with practice in activating a suicide alert.

### **How does safeTALK help prevent suicide?**

safeTALK suicide alert helpers are trained to:

- Move beyond common tendencies to miss, dismiss or avoid suicide

- Identify people who have thoughts of suicide
- Apply the TALK steps to connect a person with suicidal thoughts to people and agencies that can help.

### Who should attend safeTALK?

This training is suitable for everyone who wants to help prevent suicide and is prepared to become a suicide alert helper.

### How is safeTALK different from other workshops?

Training	General Awareness	Alertness skills	Intervention skills	Assessment and management skills
<b>What is learned?</b>	e.g. Community Gatekeeper Training Increases knowledge and awareness of issues around suicide.	e.g. safeTALK Suicide alertness training to recognise persons with suicidal thoughts and connect them with suicide first aid intervention helpers.	e.g. ASIST Suicide first aid intervention skills	e.g. STORM Assessment and management skills for working with clients at risk of self harm and suicide.
<b>Who should attend?</b>	For general population.	For general population.	For individuals and professionals in contact with individuals at risk of suicide	For mental health service providers.