



# safeTALK

## Suicide Prevention Awareness Program

LivingWorks safeTALK is a half-day presentation to increase suicide awareness.

This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

safeTALK participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide safer community. It is intended that safeTALK participants will be better prepared to:

- Recognise that invitations to help are often overlooked
- Move beyond common tendencies to miss, dismiss and avoid conversations around suicide
- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, and KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting people at risk with further help.

safeTALK is designed to complement the LivingWorks ASIST workshop (Applied Suicide Intervention Skills Training). The programs share the same beliefs about suicide and preventing suicide. However, each presentation has a specific role.



Supported by



### safeTALK outline

safeTALK is a brief program that shows how alertness to suicide risk can be followed by basic (TALK) steps that facilitate links with further suicide first aid help. The emphasis is on fulfilling this vital linking role with community resources rather than full engagement in a suicide first aid intervention.

safeTALK is a presentation rather than workshop format. It will stimulate people to think and hopefully act differently when signs of potential suicide risk are present.

Some organisations may choose to train a large number of people in safeTALK, while inviting key people, designated as suicide first aid resource persons, to attend ASIST.

In our experience, some people who attend safeTALK want to learn more skills in suicide first aid and go on to also attend ASIST.

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

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