

safeTALK Workshop

Suicide is preventable. Anyone can make a difference.



Overview

Anyone can experience thoughts of suicide. By connecting friends, family members, colleagues, and students with helping resources, safeTALK participants save lives in their communities.

Aim

What you learn in safeTALK will help you link to people in your community who have suicide intervention skills. The suicide intervener's role in practicing suicide first aid is similar to the practice of emergency first aid.

The safeTALK helper's role is to be aware of suicide's threat to life-to these thoughts of suicide-and to connect the person to potentially lifesaving resources.

Learning Objectives

Learn how to identify and help people who may be having thoughts of suicide. From this workshop, you will be able to:

- Identify people who may have thoughts of suicide.
- Ask them directly about the possibility of suicide
- Connect them to live-saving resources.

safeTALK is open to anyone 15 years or older, regardless of prior experience. Both professionals and members of the general public can benefit from safeTALK.

safeTALK is a dynamic training that incorporates presentations and audio-visuals. It invites participants to become more alert to the possibility of suicide and how to prevent it.

Studies show that safeTALK participants feel more confident asking people about suicide, connecting them with life-saving resources, and keeping them safe until those resources can take over.

Format:

4 hour face-to-face workshop (not available as a Virtual workshop).

Resources:

Participant Kit, including booklet, wallet card and stickers.

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