

SafeTALK

Suicide Awareness Training

WORKPLACE
TRAINING
& SUPPORT
SERVICE

Target Audience: **Individual (all levels of employees)**

Workshop Duration: **4 hours**

Recommended Group Size: **Min. 6 – Max. 16**

Workshop Overview:

SafeTALK is a 4 hour suicide awareness program, created by Living Works, an International Suicide Prevention Training Organisation. The course teaches members of the community to recognize people with thoughts of suicide and connect them to suicide first aid resources. It also offers a set of helping steps enabling participants to leave SafeTALK willing and able to be suicide alert helpers.

Primary Objectives:

- Provide practical help to people with thoughts of suicide.
- Be a suicide alert helper.
- Be aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed or avoided.
- Use the TALK steps (Tell, Ask, Listen and Keep Safe)
- Connect people with thoughts of suicide to people trained in suicide intervention.

Learning Outcomes:

- Recognise that a person might be having thoughts of suicide.
- Engage them in direct and open talk about suicide.
- Move quickly to connect them with someone who is able to do a suicide intervention.

Resources:

- SafeTALK book

For further information please contact: admin@ozhelptasmania.org.au or phone: (03) 6231 0919



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“ Supporting
Workplace
Mental Health
and Wellbeing ”

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