

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

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

This three-hour training can help you make a difference.

Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

Who should attend safeTALK?

safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth,* teachers, law enforcement, ... anyone who wants to help prevent suicide.

How can I get safeTALK training?

To register for a safeTALK training in your area, or to find out how you can bring safeTALK to your workplace or community visit www.livingworks.net or contact your local safeTALK trainer.

safeTALK is brief, affordable and internationally recognized.

► **See over to learn how you can become a safeTALK trainer.**

**safeTALK is for anyone age 15 and older.*



LivingWorks

BECOME A TRAINER



safeTALK

suicide alertness for everyone

Help is available for people who are at risk of suicide. A suicide-safer community needs many people who are suicide alert.

More safeTALK trainers are needed.

Who can become a safeTALK trainer?

The *safeTALK Training for Trainers (T4T)* is open to anyone who has completed an ASIST workshop, has good presentation and group facilitation skills, and is committed to promoting suicide safety through open and direct talk about suicide.

What happens at a safeTALK T4T?

Candidates who have completed ASIST: After pre-session study, up to ten trainer candidates experience a full day of onsite coaching with a trainer Instructor. Alternatively, there is a two-day onsite format with much less pre-study and a demonstration of safeTALK. In both, candidates learn our important core beliefs about suicide. Mostly, they practice facilitating the workshop, learning from their instructor and from each other in a tightly structured format.

Candidates who have NOT completed ASIST: In some agencies and organizations, a three-day T4T is available. This includes ASIST training in addition to the pre-study and a full day of onsite safeTALK coaching.

What does it cost?

The price of the one- and two-day T4Ts vary, depending on availability of a local instructor and organizing costs. All trainer materials and registration in the safeTALK trainer network are included. The three-day T4T that includes ASIST is available only to larger organizations and costs slightly more.

How do I register for a safeTALK T4T?

Register online at www.livingworks.net. Contact LivingWorks to bring a safeTALK T4T to your community.

► **See over to learn how safeTALK helps create suicide safety.**

