



# safeTALK<sup>®</sup>

*suicide alertness for everyone*

A half-day day training that can help you make a difference... Learn to identify persons with thoughts of suicide and connect them to suicide first aid resources.

### **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. In safeTALK you will learn in 2.5–3 hours how to respond in ways that provide practical help.

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

This training prepares you to be a suicide alert helper by following the *TALK* steps (*Tell, Ask, Listen and KeepSafe*). These steps help activate a suicide alert that connects people having thoughts of suicide with more specialized intervention care.

### **What happens in safeTALK training?**

Hear how *TALKing* about suicide can increase suicide safety. See powerful reminders of why suicide alertness matters. Ask questions, join discussions, practice *TALK* steps. Expect to feel challenged and moved to help. Find ways to offer hope by providing help.

Suicide alert helpers are part of a suicide-safer community. Visit [www.livingworks.net](http://www.livingworks.net) for more information or contact your local safeTALK trainer.

