

# **LIVINGWORKS** safeTALK

## **Become Suicide Alert**

LivingWorks safeTALK is a **3-hour training** workshop, which raises general awareness on how to prevent suicide in our community.

Learn four basic steps to recognise persons with thoughts of suicide and help connect them with suicide intervention resources.

**Please Note:** This workshop is not suitable for anyone recently bereaved by suicide (within the last 12 months).

## **Why come to LivingWorks 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.

You don't need to have all the answers – you just need the skills to notice, talk and connect someone to safety. LivingWorks safeTALK equips you with the confidence and tools to be that vital connector.

This 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.

Open, honest discussion about suicide is encouraged – helping you prepare to talk directly, connect with confidence and guide someone toward safety

## **How can I get safeTALK training?**

**Email:** [clear@dhcni.com](mailto:clear@dhcni.com)

**Tel:** 028 7138 3386

**Website:** <https://www.dhcni.com/training>