

Suicide Awareness

S.A.L.T.

**WORKPLACE
TRAINING
& SUPPORT
SERVICE**

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

Workshop Duration: **2 hours**

Recommended Group Size: **Min. 6 – Max. 12**

Workshop Overview:

S.A.L.T is a 2 hour program designed to increase suicide awareness. It alerts participants to signs that someone may be at risk of suicide. The program also acknowledges that while most people at risk of suicide signal their distress and display invitations for help, these may be overlooked due to a lack of understanding of the signs. Therefore, participants will learn to recognise when a person may have thoughts of suicide and respond in ways that will link the individual to further help.

Primary Objectives:

- To increase participants' knowledge of the topic.
- To encourage exploration of participants' own values, beliefs, expectations and attitudes.
- To increase self-awareness.
- To provide practical tools that would enable participants' to be alert to risks and warning signs, to intervene and connect someone with thoughts of suicide to appropriate support.

Learning Outcomes:

- Increased understanding of suicidal ideation.
- Increased ability to recognise invitations for help and understanding of why they might be overlooked.
- Increased ability to notice and respond to situations in which thoughts of suicide may be present.
- Understanding of how to apply the S.A.L.T. steps (See, Ask, Listen, Tell/Take)
- Understanding of how to connect a person with thoughts of suicide to appropriate support and further community resources.

Key Topics:

- Understanding suicide and its impact
- Skills to identify warning signs
- Understanding intervention
- Know who to refer someone with thoughts of suicide to for appropriate, qualified help

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