

S.A.L.T.

Suicide Awareness Training

WORKPLACE
TRAINING
& SUPPORT
SERVICE

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

Workshop Duration: **2 hours**

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

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 recognize when a person may have thoughts of suicide and respond in ways that will link the individual to further suicide intervention help.

Primary Objectives:

- Provide practical tools that would enable the participant to be alert to, intervene and connect someone with thoughts of suicide to appropriate support.
- Increase the support available to staff who have been affected by suicide or thoughts of suicide.

Learning Outcomes:

- Provide an insight into suicidal ideation.
- Recognise that invitations for help may be overlooked.
- Notice and respond to situations in which thoughts of suicide may be present.
- Apply basic S.A.L.T steps (See, Ask, Listen, Tell/Take)
- Connect the person with thoughts of suicide to appropriate support and further community resources.

Key Topics:

- What is suicide?
- Identify suicide risks and warning signs.
- Understand the individual role in the intervention.
- Know how to refer the person to for appropriate qualified help.

Resources:

- S.A.L.T book

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