



## Workshop Detail

<b>Workshop Title</b>	<b>safeTALK</b>
Workshop Focus	<b>All levels of employees</b>
Recommended Class Size	<b>Min: 8    Max: 24</b>
Workshop Duration	<b>Half day</b>
Target audience	<b>All levels of staff</b>
General Workshop Overview	safeTALK is a half day suicide awareness workshop, created by Living Works, an international suicide prevention training organisation. The course teaches members of the community to recognise people with thoughts of suicide and to connect them to suicide first aid resources. It also offers a carefully crafted set of helping steps and the use of creative educational processes to make it possible for attendees to leave safeTALK willing and able to be suicide alert helpers
Primary Workshop Objectives	<p>During this course attendees will learn how to:</p> <ul style="list-style-type: none"> <li>• Provide practical help to people with thoughts of suicide</li> <li>• Be a suicide alert helper</li> <li>• Be aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided</li> <li>• Activate a suicide alert using the TALK steps (Tell, Ask, Listen and Keep Safe)</li> <li>• Connect people with thoughts of suicide to people trained in suicide intervention</li> </ul>

Primary Learning Outcomes	<ul style="list-style-type: none"> <li>• Provide an insight into suicidal ideation.</li> <li>• Recognise that invitations to help are often overlooked.</li> <li>• Notice and respond to situations in which thoughts of suicide may be present.</li> <li>• Apply basic S.A.L.T steps (See, Ask, Listen, Tell/Take).</li> <li>• Connect the person with thoughts of suicide to appropriate support and further community resources.</li> </ul>
Key Topic Areas	<ul style="list-style-type: none"> <li>• Understanding what is suicide.</li> <li>• Recognising that a person might be having thoughts of suicide.</li> <li>• Engaging them in direct and open talk about suicide.</li> <li>• Moving quickly to connect them with someone who is able to do a suicide intervention.</li> </ul>
Participant handout material	<ul style="list-style-type: none"> <li>• safeTALK Card and Booklet</li> </ul>