

# SafeTALK

## Course Outline

SafeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of **suicide don't truly want to die, but are struggling with the pain** in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognize these invitations and take action by suicide prevention conversations and connecting them further supports.

SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Workshop features:

- Statistics and insight of suicide in Australia
- Best practice in prevention of suicide
- Understanding risk factors and signs someone may be struggling with thoughts of suicide
- Powerful videos to aid learning in discussing suicide
- Practicing the TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development
- A safe space to explore conversations about suicide and direct questioning about suicide

SafeTALK helps expand the reach of suicide intervention skills in communities around the world.