

action  
mental  
health

# Workplace Wellbeing

## Mental Health Training Programmes

safeTALK





safeTALK is a half-day workshop that trains individuals within the community to recognise persons that may be experiencing thoughts of suicide and to connect them to intervention resources.

safeTALK can offer an initial stepping stone towards becoming suicide aware and beginning your suicide intervention journey.

As a result, safeTALK can be offered to all participants regardless of prior experience or training and includes customisable elements that can be adapted to suit the needs of your group.

By practicing the TALK steps delivered in safeTALK (Tell, Ask, Listen and KeepSafe), you become a suicide alert helper, offering potentially life-saving assistance to a person experiencing thoughts of suicide.



### **A safeTALK-trained alert helper:**

- is aware that many opportunities to help people with thoughts of suicide are missed, dismissed or avoided.
- is able to recognise when a person might be having thoughts of suicide.
- is aware that those who are experiencing suicidal thoughts often invite help and is receptive to these invitations.
- engages the person with suicidal thoughts in direct and open talk about suicide.
- actively listens to the individual's story long enough to show they recognise the significance of their thoughts.
- is familiar with the name and contact information of local suicide intervention resources and how these work.
- is able to swiftly and smoothly connect the individual of concern to someone who can do a suicide intervention.

## Why safeTALK?

People experiencing thoughts of suicide may be unaware of the support resources available to them, or they may be reluctant to approach these services due to the stigma that often surrounds suicide.

A safeTALK-trained alert helper can facilitate this need. They make early recognition and connection to life-saving interventions and support possible, on a far greater scale than communities can afford to do alone.

This means that the more safeTALK-trained alert helpers there are, suicide intervention caregivers will be used more often, and more lives will be saved.





## Programme format and duration

**Duration:** Half-day

**Group numbers:** 10-30

SafeTALK is delivered by one trainer and a community response resource (CSR) person. This can be discussed further at booking.

## Further support

**Whilst this training does not contain any distressing content, the subject matter may provoke an emotional response for some participants.**

All participants are supported to engage with the training and the trainer is equipped to offer signposting/further support information as required at every session. If you have any concerns these can be discussed prior to any training delivery.

**Book now to  
improve your  
workplace wellbeing**

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