



### **What is SafeTALK**

LivingWorks safeTALK is a half-day alertness training that prepares anyone 15 or older, 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 connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Since its development in 2006, safeTALK has been used in over 20 countries around the world, and more than 200 selectable video vignettes have been produced to tailor the program's audio-visual component for diverse audiences. safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks

### **Who is it for?**

safeTALK offers valuable skills to everyone 15 and older and requires no formal training or prior experience in suicide prevention. Because it only takes half a day to learn, safeTALK is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. Although formal caregivers such as social workers and counselors employ safeTALK skills, the program is also used by students, teachers, community volunteers, first responders, military personnel, police, public and private employees, and professional athletes—among many others. By providing a universal model with adaptable components, safeTALK offers useful skills to every audience

### **Learning goals and objectives**

Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

### **Training features**

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audio-visual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

### **Dates and Venues**

12 <sup>th</sup> July	Bradford Fire Station, 540 Leeds Road, Bradford, BD3 9SB	09:30 to 13:00
9 <sup>th</sup> August	Dewsbury Fire Station, Carlton Road, Dewsbury, WF13 2AT	09:30 to 13:00
13 <sup>th</sup> Sept	Dewsbury Fire Station, Carlton Road, Dewsbury, WF13 2AT	09:30 to 13:00
11 <sup>th</sup> Oct	Dewsbury Fire Station, Carlton Road, Dewsbury, WF13 2AT	09:30 to 13:00
15 <sup>th</sup> Nov	Dewsbury Fire Station, Carlton Road, Dewsbury, WF13 2AT	09:30 to 13:00
6 <sup>th</sup> Dec	Dewsbury Fire Station, Carlton Road, Dewsbury, WF13 2AT	09:30 to 13:00

**To book a place: Tel: 01924 316175 or email: [swy-tr.safeguardingteam@nhs.net](mailto:swy-tr.safeguardingteam@nhs.net)**