

Information about safeTALK

suicide alertness for everyone

About *safeTALK*: a half-day workshop

safeTALK is a short, practical half day workshop which encourages suicide alert communities.

The 'safe' of *safeTALK* stands for 'suicide alertness for everyone'. The 'TALK' is about the fact that clear and open communication is one of the keys to preventing suicide. The letters in TALK stand for the actions that help those with thoughts of suicide: Tell, Ask, Listen, and Keep-safe.

The skills taught in *safeTALK* are designed to give participants a short, clear process that anyone over the age of 15 can follow to become a 'suicide alert helper' in their own community.

A reason to do this training

More people in Australia under the age of 44 die by suicide each year than any other cause. Sadly the Northern Territory has the highest rate of suicide in the country, with people dying this way at close to double the national rate.

Suicide is mostly preventable. Most people with thoughts of suicide want help to live. A small gesture of support can be life saving.

How is the workshop presented?

The program is designed to help participants see how misunderstandings and societal beliefs can cause otherwise caring and helpful people to miss, dismiss, or avoid suicide alerts. To help them move past these barriers, we teach participants the 'TALK' steps and gradually lead them into safe practice. To help show these steps in action, six very short video scenarios are used through the training.

LivingWorks

It is over 30 years since LivingWorks developed the 2 day Applied Suicide Intervention Skills Training (ASIST) workshops that are now delivered throughout the world.

SafeTALK, which became available in Australia in 2007/8, was developed to complement the ASIST workshop and respond to requests for a shorter program for larger groups.

Cost: \$75 (including GST) per person for volunteers and Not-For-Profit

Organisations

\$95 (including GST) per person for Government Workers and Businesses

For more information or to register please contact:

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Lifeline Central Australia

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This safeTALK course is endorsed by APEC number 027101001 as authorised by Royal College of Nursing, Australia (RCNA) according to approved criteria.

Attendance attracts 4 RCNA CNE points as part of RCNA's Life Long Learning Program (3LP).

2018 Courses

Alice Springs

TBA

Tennant Creek

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