

*imagine...*

a suicide-safer community

# SafeTALK

Why talking about suicide is life or death

# The aim of this workshop

- ▶ What is safeTALK
- ▶ Why is talking about suicide so important
- ▶ Taster of what to expect
- ▶ Invitations
- ▶ Reasons we don't ask
- ▶ How to access this training

# Why is talking about suicide so important?

- ▶ 672 Registered Suicides in 2015 in Scotland
- ▶ 40-80 attempted suicides per day in Scotland
- ▶ One of the main causes of death in Young People in Scotland today
- ▶ Affects every age group and gender

# Our Core Beliefs about Suicide and Its Prevention

- ▶ Suicide is a community health problem
- ▶ Thoughts of suicide are understandable, complex and personal
- ▶ Suicide can be prevented
- ▶ Large numbers of people can be taught intervention skills



# safeTALK

*suicide alertness for everyone*

This **suicide alertness** training program can help you:

- **identify** persons with thoughts of suicide
- **connect** persons with thoughts of suicide to suicide first aid resources



5 Tell, Ask, Listen and KeepSafe

# safeTALK

Tell

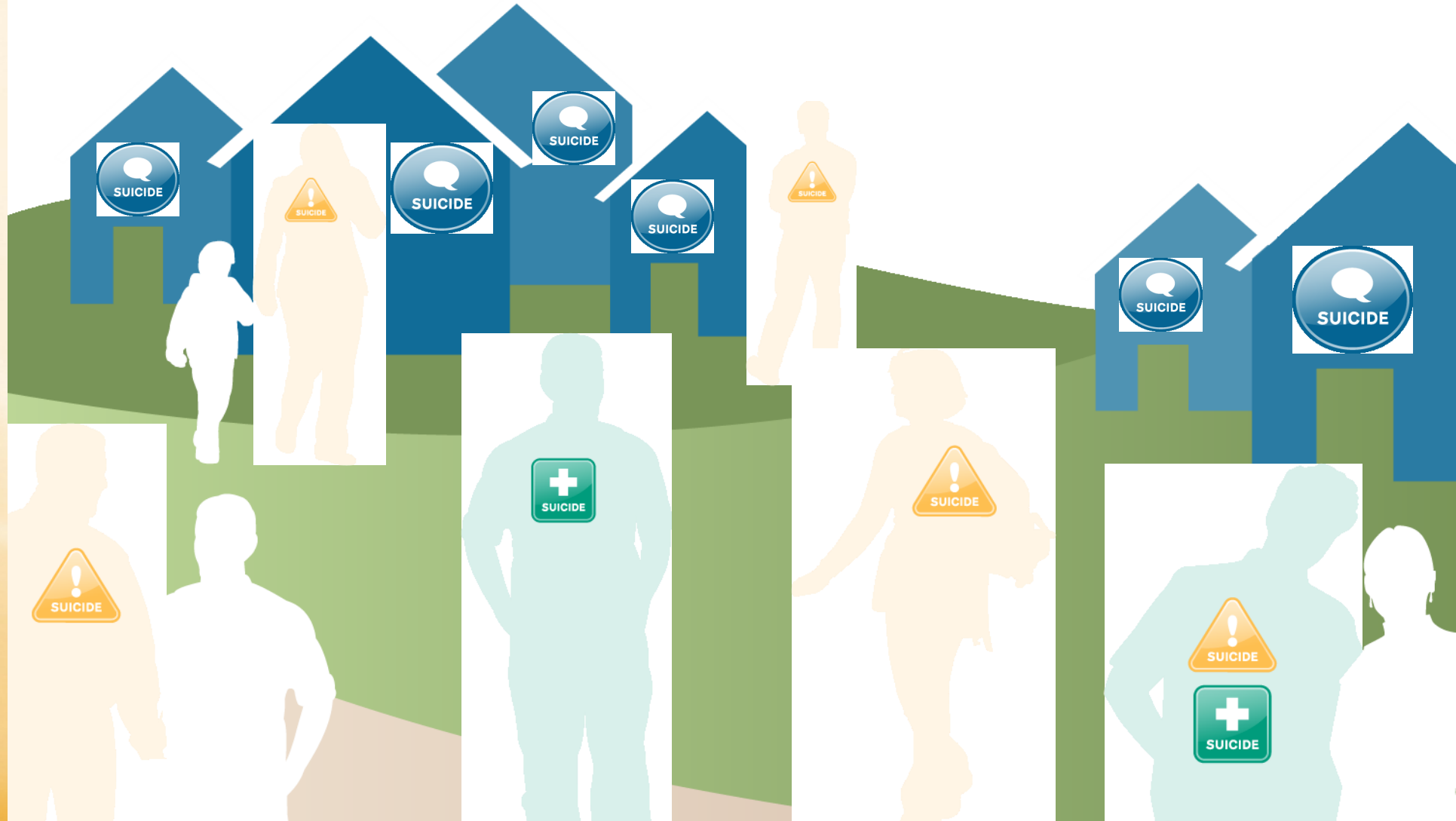
Ask

Listen

KeepSafe



# Becoming a **suicide-safer** community



## 2 Suicide Alert and ASIST helpers





# Invitations

See - Actions

Hear - Talk

Sense - Feelings

Learn - Life Situations

# Miss, Dismiss, Avoid

- ▶ Miss - Not recognise
- ▶ Dismiss - Not take seriously
- ▶ Avoid - Keep away from

# A bit more about the course

- ▶ Appropriate for most members of the community
- ▶ Age 15+
- ▶ 3 hours - 2 sections
- ▶ Produced by Living Works
- ▶ Delivered by Trainer & Co-Trainer
- ▶ Supported by Community Support Resource
- ▶ Hand out resources

# Where can I access this training?

- ▶ Online - Find a Trainer

- ▶ <https://www.livingworks.net/training-and-trainers/find-a-trainer/>

- ▶ Contact Suzy:

  - ▶ [suzy@blidetrust.org](mailto:suzy@blidetrust.org)

  - ▶ 01856 874874

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