



safeTALK
suicide alertness for everyone



Interested in coming to safeTALK? Some FAQs...

Why should I come to safeTALK?

In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave *safeTALK* more willing and able to perform an important helping role for persons with thoughts of suicide.

How does safeTALK help prevent suicide?

safeTALK prepares you to be a suicide alert helper. You are aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided. You want persons with thoughts to invite your help. You know the *TALK* steps (*Tell, Ask, Listen* and *KeepSafe*) and can activate a suicide alert. As a part of the *KeepSafe* step, you connect persons with thoughts to persons trained in suicide intervention. Helpers trained in suicide intervention complete the helping process or connect the person with more specialized help.

Why use safeTALK to learn to become alert?

A carefully crafted set of helping steps and the use of creative educational processes make it possible for you and up to 30 others in your community to leave *safeTALK* willing and able to be suicide alert helpers. *safeTALK* is the result of some twenty years of work at learning how to develop useful suicide prevention abilities in a short program.

What happens at safeTALK training?

Expect to be challenged. Expect to have feelings. Expect to be hopeful. See powerful reminders of why it is important to be suicide alert. See how to activate an alert. Ask questions and enter discussions. Learn clear and practical information on what to do. Practice the *TALK* steps. Conclude with practice in activating a suicide alert.

Why is safeTALK for everyone?

Most persons with thoughts of suicide go unrecognized—even though most all are, directly or indirectly, requesting help. Without *safeTALK* training, these invitations to help are too rarely accepted, or even noticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they want. **Suicide alert helpers are part of a suicide-safer community.**