



safeTALK

Suicide Prevention Awareness Program

LivingWorks safeTALK is a half-day presentation to increase suicide awareness.

This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

safeTALK participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert helpers contribute to a suicide safer community. It is intended that safeTALK participants will be better prepared to:

- Recognise that invitations to help are often overlooked
- Move beyond common tendencies to miss, dismiss and avoid conversations around suicide
- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, and KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting people at risk with further help.

safeTALK is designed to complement the LivingWorks ASIST workshop (Applied Suicide Intervention Skills Training). The programs share the same beliefs about suicide and preventing suicide. However, each presentation has a specific role.



Supported by



LivingWorks safeTALK suicide prevention presentation

Venue: Manning Valley Neighbourhood Centre, 4 Farquhar Street
Wingham

Date: Thursday 29 November 2018

Time: 9.30am -1.00pm

Cost: FREE

This training is sponsored by Primary Health Network for the Taree Region Community Reserve your place with our Training Registrar Jaylene Moreau 43207400

jaylene.moreau@lifeline.org.au or [book online](#)

Participants at a safeTALK presentation are often keen to attend the 2-day ASIST workshop that follows in TAREE: 18-19 February 2019



Completing safeTALK will contribute to 3.5 hours of NESA Registered PD addressing **4.4.2** and **6.2.2** from the Australian Professional Standards for Teachers towards maintaining **Proficient Teacher** Accreditation in NSW.

Direct ink: www.lifelinehunter.org.au/event/safetalk-29

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information
Contact Dr June Anderson
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www.lifelinehunter.org.au

 **Lifeline**
Saving Lives
Crisis Support. Suicide Prevention.