



Help someone when they need it most.

Suicide is preventable. Anyone can make a difference.

Attend the half-day safeTALK program and learn to:

- identify people who may have thoughts of suicide,
- ask them directly about the possibility of suicide, then
- connect them to life-saving resources.

safeTALK is open to anyone 15 or older, regardless of prior experience. Both professionals and members of the general public can benefit from safeTALK.

Why take safeTALK?

LIFE-SAVING: Anyone can experience thoughts of suicide. By connecting friends, family members, colleagues, and students with helping resources, safeTALK participants save lives in their communities.

SIMPLE YET EFFECTIVE: safeTALK uses the easy-to-follow TALK steps—Tell, Ask, Listen, and KeepSafe—and includes time to practice them so the knowledge is retained.

ENGAGING: safeTALK is a dynamic training that incorporates presentations and audiovisuals. It invites participants to become more alert to the possibility of suicide and how to prevent it.

TRUSTED: More than 50,000 people attend safeTALK each year. safeTALK is used in over 20 countries worldwide, and many communities, organizations, and agencies have made it a core training program.

PROVEN: Studies show that safeTALK participants feel more confident asking people about suicide, connecting them with life-saving resources, and keeping them safe until those resources can take over.^{1,2}

Learn more at www.livingworks.net/safeTALK

¹ McLean, J., Woodhouse, A., Schinkel, M., Pynnonen, A., McBryde, L. (2007) Evaluation of the Scottish safeTALK Pilot. Scottish Development Centre for Mental Health, Edinburgh.

² McKay, K., Hagwood, J., Kavalidou, K., Kolves, K., O'Gorman, J. & De Leo, D. (2012) A Review of the Operation Life Suicide Awareness Workshops. Report to the Department of Veterans' Affairs. Australian Institute for Suicide Research and Prevention, Brisbane.