

About the National Office for Suicide Prevention (NOSP)

The NOSP was formed directly after the launch of Ireland's first suicide prevention strategy, **Reach Out: A National Strategy for Action on Suicide Prevention 2005-2014**.

Ireland's new national strategy was launched in 2015: **Connecting for Life: Ireland's National Strategy to Reduce Suicide 2015-2020**.

The NOSP coordinates **safeTALK** and **ASIST** training at a national level. **safeTALK** is one of a number of suicide prevention training programmes available through the HSE Suicide Prevention Resource Offices and partner agencies.

More than 100 staff from the health services and voluntary agencies have completed the LivingWorks 'train the trainer' course. They combine their knowledge of local communities with the benefits of standardised LivingWorks training and material to deliver the half day workshop. They operate from multiple sites across the country to maximise the accessibility of this training.

Find your local safeTALK co-ordinator:

Contact your local Resource Officer for Suicide Prevention to see how you can attend the half day workshop or to find out more about **safeTALK** and suicide prevention. Your local Resource Officer can be found under 'Training' on www.nosp.ie.

www.nosp.ie

www.yourmentalhealth.ie



Connecting for Life

NATIONAL OFFICE for
SUICIDE PREVENTION


Feidhmeannacht na Seirbhíse Sláimne
Health Service Executive



Learn four basic steps to recognise when people have thoughts of suicide, and to connect them to suicide first aid resources

suicide alertness for everyone

HALF DAY PROGRAMME



Suitable for everyone who wants to help

prevent suicide: front line workers, community workers, Gardaí, clergy, volunteers, teachers and people responding to family and friends...

What is safeTALK?

safeTALK is a half day training programme that prepares you to identify people with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive.

safeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in **ASIST**.

What happens at safeTALK trainings?

safeTALK is a powerful experience. You can expect to feel challenged, empowered, and hopeful. Your **safeTALK** trainer will demonstrate the importance of suicide alertness and help you identify ways people invite help when they're at risk. **safeTALK**'s steps provide a simple yet effective method to engage with people at risk and connect them with resources that can carry out a full-scale intervention. At the end of the training, you'll have a chance to practice these skills firsthand. All in all, you can expect to leave **safeTALK** with practical knowledge of how to identify someone at risk and link them to life-saving resources.

How does safeTALK help prevent suicide?

safeTALK suicide alert helpers are trained to:

- Move beyond common tendencies to miss, dismiss or avoid signs of suicide risk
- Identify people who have thoughts of suicide.
- Apply the **TALK** (Tell, Ask, Listen, and Keep safe) steps to connect a person with suicidal thoughts to people and agencies that can help.

Who should attend safeTALK?

This training is suitable for everyone who wants to help prevent suicide and is prepared to become suicide alert.

How is safeTALK different from other workshops?

safeTALK helps participants identify people who are at risk, confidently ask them about the topic of suicide, and connect them with resources that can help them stay safe. It is not as advanced as the two-day intervention skills workshop, **ASIST**.

Steps in suicide prevention training:

STEP 1: General awareness

STEP 2: Alertness skills

STEP 3: Intervention skills

STEP 4: Assessment and management skills

About LivingWorks

Our mission is to create learning experiences that help create suicide-safer communities. LivingWorks' programmes have been widely accepted and valued in Ireland since their introduction in 2003. Starting in Canada in the early 1980s, our programmes are now available in many countries including the USA, Australia, Norway, New Zealand, Northern Ireland, Scotland, England and Wales. Close to a million people have participated worldwide. In Ireland, more than 60,000 people have participated in **safeTALK** or **ASIST** training.

All LivingWorks programmes are companions to each other. By increasing awareness and developing alertness and intervention skills, they provide ways for whole communities to participate in suicide prevention.



LivingWorks

suicide-safer communities. saving lives for tomorrow.

Find out more:

www.livingworks.net

