

SAFETALK – SUICIDE ALERTNESS FOR EVERYONE



Overview

safeTALK is a half-day, evidence-based training developed by LivingWorks that teaches participants how to recognize signs of suicide and connect individuals at risk with life-saving help. Unlike ASIST, safeTALK focuses on alertness and referral skills, empowering participants to take action quickly and confidently. The training is highly interactive, including discussions, role-play, and practice in spotting and responding to suicidal thoughts.

Facilitation & Schedule

This workshop will be led by 2 facilitators
4 hours session

Who Should Attend

safeTALK is suitable for anyone aged 15 years and older who wants to be alert to signs of suicide and know how to connect someone at risk with help. This includes educators, healthcare workers, community leaders, first responders, and concerned friends or family. No prior mental health experience is required.

Who It Is Not For

safeTALK is not intended as therapy or counseling for personal mental health concerns. Participants should be comfortable with sensitive content. Those currently experiencing acute personal crises may find the training overwhelming.

Learning Objectives

- Identify people who may be thinking about suicide
- Recognize verbal, behavioral, and situational warning signs
- Engage in open, non-judgmental conversations about suicide
- Connect individuals at risk to trained helpers and resources

Expected Outcomes

Participants will gain confidence in recognizing signs of suicide and taking immediate steps to connect individuals at risk with appropriate support. They will increase their awareness of local and national resources and develop the skills to contribute to a proactive, community-wide approach to suicide prevention.

Conclusion

safeTALK equips participants with the awareness and practical skills to notice, ask, and connect people at risk of suicide to life-saving help, helping to build safer, more supportive communities.

