

SAFETALK

safeTALK is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. 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.

safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

WORKSHOP FEATURES

The course is delivered by a safeTALK and ASIST qualified Instructor. Attention is paid to participant safety and support throughout. Participants are provided with information about local resources linked to suicide prevention. A comprehensive PowerPoint presentation and video training resources are also used.

Each participant is issued with a safeTALK workbook, a safeTALK Certificate of Attendance and other safeTALK learning aids.

WHAT IS COVERED

This course is aimed at paid or unpaid staff providing a range of services that may have contact with individuals at risk of suicide. These staff members include:

- Mental health workers
- Other health and social care workers
- Police and prison service staff
- Drug and alcohol workers
- Counsellors and therapists
- Student support services

Delivery options:

Bitesize (half day)

Maximum number: 18

Please contact training@bristolmind.org.uk for fees