

About the National Office for Suicide Prevention (NOSP)

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*.

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 40 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 out more:

www.nosp.ie

or contact Anne Callanan at 091 775388

or training@nosp.ie



How to Become Involved:

Contact your local **safeTALK** coordinator to see how you can attend the half day workshop or to find out more information about **safeTALK** and suicide prevention.

Contact details of local coordinator:

Area

Name.....

Address.....

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Phone.....

E-mail.....

National Coordinator:
National Office for Suicide Prevention

Contact: Anne Callanan
Asst. Research and Resource Officer
National Office for Suicide Prevention
HSE West, Merlin Park Hospital, Galway
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safeTALK

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources



suicide alertness



for everyone



half day programme

What is safeTALK?

safeTALK is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities. Following a safeTALK workshop you will be more willing and able to perform an important helping role for persons with thoughts of suicide.

What happens at safeTALK trainings?

- Expect your attitudes and beliefs to be challenged
- Learn why it is important to be suicide alert
- Ask questions and enter discussions
- Learn clear and practical information on what to do if you need to support someone who is at risk of suicide
- Practice the TALK (Tell, Ask, Listen, and Keepsafe) steps to connect a person with suicidal thoughts to suicide first-aid intervention caregivers
- Conclude with practice in activating a suicide alert

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 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 is more than general awareness training. You will be learning alertness skills. It is not at the advanced stage of a two-day intervention skills workshop.

Steps in suicide prevention training:

- General awareness
- Alertness skills
- Intervention skills
- 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 have participated worldwide - over 13,000 in Ireland.

All LivingWorks programmes are companions to each other. By increasing awareness and developing alertness and intervention skills they expand ways the whole community might participate in suicide prevention.

