Descriptor 2

**safeTALK**

**Service Description**

‘safeTALK’ is intended as ‘Suicide Alertness’ training and is delivered locally by a network of validated trainers under the umbrella organisation ‘Choose Life – Suicide Prevention in Scotland’. It is designed for communities or organisations that already have ASIST trained helpers in place, to maximise intervention as the main suicide prevention focus. Participants shall receive a certificate at training end.

**Who Should Attend**

Anyone, sixteen years of age or older can attend.

**Learning Outcomes**

‘safeTALK’ aims to teach participants how to provide practical assistance to persons with thoughts of suicide and to activate a ‘suicide alert’ by following the ‘TALK’ (Tell, Ask, Listen and Keep Safe) steps.

**Delivery**

Duration - A half day programme (usually 3.5 hours) and delivered by one trainer to groups of up to thirty participants.

Contents – An interactive workshop, focussing on the signs of suicide intent, how to communicate with the person at risk and connect them to intervention resources.

**Finding an ‘safeTALK’ Workshop**

http://www.chooselife.net/Training/safetalk.aspx