

in conjunction with **LIVING WORKS** and **youplus**

safeTALK

LivingWorks is a global suicide intervention training company based in Canada with a portfolio of courses aimed at understanding and reducing suicide. **safeTALK** helps prepare helpers to identify persons with thoughts of suicide and connect them to suicide first aid resources. This course is unique to Northern Lincs.

Target audience: Anyone who might want to help; minimum age 15 years

Aim of workshop:

- Identify people who may have thoughts of suicide.
- Overcome barriers in talking about suicide.
- Identify reasons we may miss, dismiss or avoid suicide.
- Practice using the 4-step model of suicide alertness.
- Connect people at risk of suicide with further appropriate help.

Learning Outcomes:

By the end of the session, participants will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with thoughts of suicide to a suicide first aid intervention caregiver.

Duration: Three hours

Dates: Dates to be arranged

Time: 9.30 – 12.30 or 13.30 – 16.30

Venue: To be confirmed

NB We are able to deliver this session at alternative venues. Please contact us to discuss.

Facilitator: Jan Rilatt of **youplus**

Price: £65 per person. Participants receive a certificate, a wallet-sized reference card plus a resource pack with information about sources of support for people having suicidal thoughts.

To book a place: email info@wrightmindtsl.co.uk or email janrilatt@youplus.co.uk
Telephone 01724 858799 or Telephone 01472 599589
Mobile 0774 9996672

For more information: Please contact Jan Rilatt