

safeTALK

Most people with thoughts of suicide are looking for a way to work through the pain in their lives.

Through their words and actions, they often invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person having thoughts of suicide, and connect them with resources to help them be safer from suicide.

safeTALK helps participants become alert to suicide. **Suicide-alert persons** are better prepared to connect those with thoughts of suicide with life-affirming help

Each year, over
703,000
people
take their own lives¹

Suicide is the
4th
leading cause of death
globally among
15–29 year olds.²

1.7 Million
people in the
United States
attempted suicide
in 2021³

Who should be trained?

- safeTALK was created for anyone age 15 or older
- Individuals in more formal helping roles

Ways to Learn:

- Live In-Person 3–4 hour training

Other Trainings:

- LivingWorks ASIST–2 day in-person workshop
- LivingWorks Start– 90 minute online course
- LivingWorks Faith–5-6 hour online program

What safeTALK covers:

- Apply the **TALK steps**: Tell, Ask, Listen, KeepSafe
- How to be aware of and respond to situations where suicidal thoughts may be present
- Recognize often overlooked invitations for help
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Available community resources and ways to connect someone with thoughts of suicide to those resources for appropriate suicide-safer help



**Wellness Coalition
of Rural Linn County**

Healthy Communities. Healthy Futures.

www.wellnesscoalitionlinn.org

All trainings are provided
FREE of Charge

with funding through the Wellness Coalition

Interested in training?

Contact lsisk@mvcsd.org or krice@mvcsd.org

1. Source: World Health Organization

2. Source: National Alliance for Mental Illness

3. Source: American Association of Suicidology