

# ALL ABOUT SUICIDE PREVENTION



## safeTALK

**safeTALK** is specialist alertness training developed by **Living Works** that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Since its development in 2006, safeTALK has been used in over 20 countries around the world.

**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.

### Learning goals and objectives

Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognise that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

Within each section there is clear focus on the issues faced by young people, including bullying/cyber bullying and substance misuse. The course also teaches the importance of promoting well-being and protective factors.



# ASIST

**Applied Suicide Intervention Skills Training (ASIST)** is a two-day interactive workshop in suicide first aid developed by **Living Works**.

ASIST teaches participants to recognise when someone may have thoughts of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—anyone 16 or older can learn and use the ASIST model.

Since its development in 1983, ASIST has received regular updates to reflect improvements in knowledge and practice, and over 1,000,000 people have taken the workshop. Studies show that the ASIST method helps reduce suicidal feelings in those at risk and is a cost-effective way to help address the problem of suicide.

## Learning goals and objectives

Over the course of their training, ASIST participants will learn to:

- Understand the ways that personal and societal attitudes affect views on suicide and interventions
- Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- Identify the key elements of an effective suicide safety plan and the actions required to implement it
- Appreciate the value of improving and integrating suicide prevention resources in the community at large
- Recognise other important aspects of suicide prevention including life-promotion and self-care

# ARE THESE COURSES FOR ME?

These courses have been commissioned and paid for by Lancashire County Council Public Health as part of their Mental Health and Wellbeing programme.

They are open and free to individuals and organisations living and working in the LCC area of Lancashire which excludes the unitary authorities of Blackpool and Lancashire.

As specified above, the Lancashire Emotional Health in Schools courses are only open to those who work in a primary, secondary or college setting.

As places are limited we are unable to offer places to organisations or individuals outside the eligible area, however other local authorities are also rolling out the training and there may be other courses happening in your area.

**Please visit [Mental Health First Aid](#) and [Living Works](#) for further information.**

## Youth Mental Health First Aid (1 & 2 day courses)

Open to anyone and everyone aged 18 or over within the geographical area who regularly interacts with young people.

This includes parents, youth workers, voluntary and community groups, teachers, health care workers, foster carers, social workers.

**Please be aware that the training is emotionally intense and deals frankly with mental health issues including suicide and psychosis.**

## safeTalk

Suicide prevention training is appropriate for everyone aged 15 or over including teachers, taxi drivers, hair-dressers.

safeTALK offers valuable skills and requires no formal training or prior experience in suicide prevention.

Because it only takes half a day to learn, safeTALK is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe.

**The training deals frankly with suicide and surrounding issues and may not be suitable for anyone who has recently been affected by these issues.**

## **ASIST**

ASIST training is appropriate for professionals and volunteers aged over 16 who work regularly with people who maybe experiencing difficulties with mental health.

Nurses, physicians, mental health professionals, pharmacists, teachers, counsellors, youth workers, police, first responders, correctional staff, school support staff, clergy, and volunteers have all found that ASIST complements their existing training and knowledge.

Other people attend simply because they want to be able to help someone in need, in much the same way they might learn CPR. Because the training is comprehensive and doesn't rely on prior qualifications, they can have the same meaningful experience as a professional caregiver.

**The training can be extremely emotionally intense and may not be suitable for someone who has had a recent bereavement or emotional trauma.**