LIVINGWORKS safeTALK

Connect to Safety and Help

LivingWorks safeTALK is a 4-hour training that equips people to be more alert to persons thinking of suicide and better able to connect them with further help.

Who Should Attend?

Anyone aged 15+ years is encouraged to take LivingWorks safeTALK. It will prepare you to raise and respond to concerns about suicide in relationships with family, friends, and co-workers.

It will equip you to build a culture of safety from suicide in your organization or community.

You can play a vital connector role in what LivingWorks has called a Networks of Safety.

What Will You Learn?

In LivingWorks safeTALK you will learn how to reach out to someone thinking about suicide and help them keep safe by promptly connecting them to further support. Your role as a connector is the main focus of this training.

You will also be encouraged and empowered to talk openly with someone about suicide through a 4-step model Overcoming personal and community attitudes to seeking and providing help is a key theme of this training.

How Will You Learn?

We aim to provide a safe learning environment. The learning process includes:

- Trainer presentations, facilitated discussion, and skills practice
- Videos that illustrate what happens when signs of suicide are overlooked, and how you can contribute to safe outcomes when these signs are heard and addressed
- Opportunities to further explore organizational applications of the training

Direct and honest discussion about suicide is encouraged. While sometimes challenging, this prepares helpers to openly approach people with thoughts of suicide and connect them with further help.

Where Can You Find Out More?

A growing body of published research and evaluation supports the value of this training to individuals and organizations while informing program improvements.

Over 800,000 people have attended this training since its inception. Use the contacts below to find out more.