

Connect to Safety and Help

LivingWorks safeTALK helps you to reach out to persons with thoughts of suicide, talk openly about suicide, and connect them with further support in a face-to-face, half-day course.

What Will You Learn?

LivingWorks safeTALK helps you notice and respond to situations where thoughts of suicide may be present. Exploring personal and community attitudes to seek and provide help are key themes.

You learn to:

- Understand how to reach out to someone with thoughts of suicide
- Help them KeepSafe by connecting them to further support
- Talk openly about suicide through a 4-step model

Who Should Attend?

Anyone aged 15+, who wants to promote suicide safety, is encouraged to take LivingWorks safeTALK. No previous experience or training is necessary.

LivingWorks safeTALK equips you with tools to play the vital role of connector in the network of safety for your family, friends, and community.

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 missed, dismissed, or avoided, and how you can contribute to safe outcomes when these signs are heard and addressed
- Opportunities to further explore organisational 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 organisations while informing program improvements.

Over 900,000 people have attended training since its inception.