

# safeTALK & ASIST

These trainings are **FREE** to the community.



## LEARN HOW TO SUPPORT YOUR COMMUNITY



### safeTALK

**Suicide Alertness for Everyone (safeTALK)** is a three and a half hour training that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

#### Learning Outcomes

- Move beyond common tendencies to miss, dismiss, or avoid suicide.
- Identify people who have thoughts of suicide.

#### The role of safeTALK in a suicide-safer community

safeTALK compliments ASIST, ensuring that persons with thoughts of suicide are identified and linked to suicide intervention caregivers.

#### The role of ASIST in a suicide-safer community

ASIST caregivers complete the process that safeTALK helps start, providing life-saving suicide first aid interventions.



### ASIST

**Applied Suicide Intervention Skills Training (ASIST)** is a two-day, interactive workshop that prepares participants to provide suicide first aid interventions. Small group discussions and skills practice are based on adult learning principles. ASIST teaches the Suicide Intervention Model, a practical guide to doing suicide interventions. Powerful videos support learning.

#### Learning Outcomes

- Identify people who have thoughts of suicide.
- Understand how beliefs and attitudes can affect suicide interventions.
- Seek an understanding of the reasons for thoughts of suicide & the reasons for living.



Scan the QR code to register or for more information