

WHAT IS safeTALK?



What is Safe Talk?

SafeTALK is a half-day (4-6 hrs) in-person training in suicide alertness.

Participants learn how to:

- Talk with people to better understand their situation
- Help participants recognize and reach out to someone thinking of suicide
- Connect people to community resources that will keep them safe

Who Can take this training?

Training requirements:

- No formal qualifications are needed to attend the training
- BC residents 15 years and older
- People who want to make a difference can learn the SafeTALK Steps

What is the training like?

The safeTALK Training works well in groups of 10-15 participants per training session.

The training will include:

- Presentations, audio visuals, interactive elements
- Learning and practicing a 4-step model to talk openly with someone about suicide
- Discussion and questions
- "TALK wallet" card (a step-by-step process to carry in your wallet)
- "You can TALK to Me" stickers (to wear on your shirt at an event to create discussion on the topic of suicide prevention)
- A list of community resources to help with suicide intervention



Contact Me

Donna Simon

250-574-2806 or 1-855-574-2806

donnassolutions2016@gmail.com

DonnasSolutions.com