

# 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)



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# What do you need to book a training session?



## Service Provider

I collaborate with community services to coordinate and organize this training and make sure it fits the needs of the community.

Assistance in compiling a list of community resources to help in suicide interventions.

These resources are called Keepsake Connections.

This list will be given to the trainees to help them know who to contact when there is a need for a suicide intervention.



## Support Person

There needs to be a someone who has ASIST training or another suicide prevention program present during the training.

If you need assistance finding this person, we can work with you.



## Venue

To present safeTALK well, it's best to have a private room and chairs for everyone. The course can have from 10 to 15 people attending.

There is a powerpoint presentation as part of the training. This means a projector and screen or TV will be needed.