



Recognize Signs of Suicide and
Connect Someone to Safety

safeTALK prepares participants to recognize when someone may be thinking about suicide and act by connecting them to appropriate support.

Participants Learn How To:

- Recognize signs that someone may be thinking about suicide
- Overcome attitudes that can act as barriers to helping
- Talk openly and directly about suicide
- Connect a person to further support and safety resources

Training Includes

- Presentations and audiovisual learning materials
- Interactive activities and discussion
- Practice using the safeTALK four-step helping model
- Question-and-answer opportunities
- safeTALK wallet card
- “You Can TALK to Me” awareness stickers
- Community resource information
- safeTALK Certificate

Learning Outcomes

Participants will gain the confidence and practical skills to:

- Recognize invitations for help
- Engage someone in a supportive conversation about suicide
- Connect the person with trained intervention resources
- Transfer responsibility for safety planning to appropriately trained helpers

Workshop Details

Item	Details
Format	In-person Workshop
Duration	4-6 hours
Age Requirement	15 years and older (parental consent required for participants under 18)
Group Size	Minimum 10 participants; Maximum 30 participants A comfortable group size is 12-15 participants.
Prerequisites	No prior experience required

Contact Me

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