We have Suicide Alertness For Everyone Training (safeTALK)

Thursday 13 September 2018, 1pm-5pm
Venue: Room A, Bruce House, Arbroath

This training is open to everyone who lives or works in Angus (employees, employers, community groups and members of the public).

safeTALK is designed to be an introductory course for anyone interested in learning to be suicide aware. Can you recognise the signs of someone at risk of suicide? Would you know what to say to a colleague, student, family member or contact with thoughts of suicide? Most people with thoughts of suicide go unrecognised - even though most are, directly or indirectly, requesting help. Without safeTALK training, these invitations to help are too rarely accepted, or even noticed. In only a few hours, you will learn how to recognise these invitations and provide practical help to persons with thoughts of suicide. Expect to leave safeTALK more willing and able to perform an important helping role for people with thoughts of suicide. safeTALK is a training session for everyone in the community - no prior knowledge is required.

**Aim of Training:**

To enable participants to recognise and engage people who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention.

**Learning outcomes:**

By the end of this course participants will:

- Be aware that people at risk of suicide are often not given help due to cultural myths and misinformation
- Recognise when a person might be having thoughts of suicide
- Engage that person in direct and open talk about suicide
- Move quickly to connect them with someone trained in suicide intervention who can review the risk and develop a plan to reduce the risk of harm or death.

**To book a place**

Places will be allocated on a first come first served basis. This session is free of charge to participants and will be funded by the Angus Suicide Prevention Collaborative.

To book you will be required to complete a registration form. To book or for any further information please email for the attention of Susan Duncan, Development Officer at suicideprevention@angus.gov.uk