

# FREE TRAINING COURSE



Around 6,500 people die by suicide each year in the UK  
1 in 5 people will experience suicidal thought at some point in their life

## ABOUT safeTALK:

### Suicide Alertness for Everybody

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. **safeTALK** is a 3 ½ hour training session that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

### Who Should Attend?

Anyone 15 years or over who wants to help people be safer from suicide, regardless of prior experience or training.

### Learning Outcomes

**safeTALK** participants will be better able to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide,
- Recognize people who have thoughts of suicide, and
- Apply the **TALK** steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of Suicide to a suicide first-aid intervention caregiver.

### The Role of safeTALK in a Suicide-Safer Community

**safeTALK** trained helpers are an important part of suicide safer communities, helping connect people with thoughts of suicide to caregivers, and intervention resources, who can support them.

Two dates available:

**Saturday 9<sup>th</sup> November 2019, 9.30am to 1pm**

or

**Monday 11<sup>th</sup> November 2019, 10am to 1.30pm**

**Venue: The Meeting Room, Alpha marketing, Boss Avenue off Grovebury Avenue, Leighton Buzzard, LU7 4SD with free parking and light refreshments.**

**To book your place or find out more information, please contact:**

**Diane Barnes Tel: 07788205741 Email: [bsbs@chums.uk.com](mailto:bsbs@chums.uk.com)**



Sponsored by Leighton Linslade Town Council and CHUMS

