safeTALK

**AIM** To teach participants four basic steps to recognise if someone is having thoughts of suicide and how to connect them with resources that can help

At the end of the course participants will be able to:

- Recognise those who may be at risk of suicide
- Ask individuals clearly and openly about their thoughts of suicide
- Connect individuals at risk to local sources of help

Most people with thoughts of suicide invite help. Often these opportunities are missed, ignored or avoided - leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to recognise and talk to people with thoughts of suicide and to connect them with further help. This three-hour course is suitable for anyone who may come into contact with individuals at risk of suicide, either at work or in their personal life. It is not suitable for those who have recently been bereaved by suicide.

**BOOK NOW:** 0845 8389928 training@commlinks.co.uk www.commlinks.co.uk