

safeTALK

Course

A healthier headspace equals a healthier workplace.

The Lifeline Corporate Training program offers a range of courses to improve the mental health and wellbeing of your people, which in turn can help create a more productive, cost-effective and responsible workplace.

Help someone when they need it most

Why take safeTALK?

- 1. IT'S LIFE-SAVING:** Anyone can experience thoughts of suicide. By connecting friends, family members, colleagues, and students with helpful resources, safeTALK participants save lives in their communities.
- 2. IT'S SIMPLE YET EFFECTIVE:** safeTALK uses the easy-to-follow TALK steps – Tell, Ask, Listen, and KeepSafe – and includes time to practice them so the knowledge is retained.
- 3. IT'S ENGAGING:** safeTALK is a dynamic training course that incorporates presentations and audio-visuals. It invites participants to become more alert to the possibility of suicide and how to prevent it.
- 4. IT'S TRUSTED:** More than 50,000 people attend safeTALK each year. It's offered in more than 20 countries worldwide, and many communities, organisations and agencies have made it a core training program.
- 5. IT'S PROVEN:** Studies show that safeTALK participants feel more confident asking people about suicide, connecting them with life-saving resources, and keeping them safe until those resources can take over.



safeTalk program

Suicide is preventable. Anyone can make a difference.

Attend the half-day safeTALK program and learn to:

- identify people who may have thoughts of suicide,
- ask them directly about the possibility of suicide, then
- connect them to live-saving resources.

safeTALK is open to anyone 16 or older, regardless of prior experience. Both professionals and members of the general public can benefit from safeTALK.

Lifeline is a not-for-profit organisation that promotes, preserves and protects life. The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information please contact:

E: lifeline.training@ucommunity.org.au **P:** 0429 044 546

unitingcareqld.com.au/lifeline-training