

**Are you concerned about  
someone  
who may be  
at risk of suicide?**

If someone was to tell you that they are having thoughts of suicide, how would you respond? Do you feel capable or willing to assist someone who is having thoughts of suicide or exhibiting suicidal behaviors?

We can help you respond in a helpful way to a person at risk of suicide.

***LivingWorks*' programs help  
make communities  
suicide-safer.**



**Every community needs people  
who support suicide prevention  
as well as caregivers  
who are prepared to intervene.**

If you are interested in attending  
An safeTALK or ASIST workshop.

Please contact our office at



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**IMAGINE...  
a suicide-safer community**



**Suicide prevention...  
what can you do?**

***LivingWorks Programs***



**Suicide Alertness  
for Everyone**



**Applied Suicide  
Intervention Skills Training**



## Suicide Alertness for Everyone

*safeTALK is a half-day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend the training—anyone age 15 or older who wants to make a difference can learn the safeTALK steps.*

### Who can Attend?

Anyone who might want to help;  
minimum age 15 years.

### Learning Outcomes

By the end of the training, participants will be better able to:

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



## Applied Suicide Intervention Skills Training

*ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Although ASIST is widely used by healthcare providers, participants don't need any formal training to attend the workshop—ASIST can be learned and used by anyone.*

### Who can Attend?

All caregivers, formally designated or not;  
adults and youth 16 plus.

### Learning Outcomes

By the end of the workshop, participants will be better able to:

- Identify people who have thoughts of suicide.
- Understand how beliefs and attitudes can affect suicide intervention.
- Understand a person at risk's story about suicide as well as recognize turning points that connect the person to life.
- Conduct a safety assessment and develop a plan that will keep the person at risk safe-for-now.
- Confirm the person at risk's faith in the safeplan and their intent to follow it through.



*LivingWorks has been helping communities become suicide-safer since 1983. These programs are part of national, regional and organizational suicide prevention strategies around the world.*

*SafeTALK and ASIST were developed using Rothman's social research and development (R&D) model; these programs prepare community helpers to intervene and prevent suicide.*

*The learning experiences are interactive, practical, regularly updated and customizable. The information is comprehensive, layered and integrated.*

**These programs are for  
anyone  
who wants to help.**

