Imagine…

a suicide-safer community.

It begins with you.

LivingWorks programs provide caregivers and other helpers with awareness and skills that help to save lives. Our programs are part of national, regional and organizational suicide prevention strategies around the world. The learning experiences are interactive, practical, regularly updated and adaptable. Comprehensive, layered and integrated, there is a program for everyone who wants to help.

How to get involved

Attend an ASIST workshop or safeTALK session. Contact your local trainer or organization for awareness sessions and training dates:

www.livingworks.net

Host a workshop

To organize a workshop, contact LivingWorks at:

info@livingworks.net

Become a trainer

For more information on becoming a trainer for any of our programs, consult the LivingWorks website at: www.livingworks.net

LivingWorks Training for Trainers (T4T) courses focus on a positive learning environment, encouragement of open and honest discussion, respect for differences, support of each other, and active participation.
suicideTALK

An exploration in suicide awareness

suicideTALK is a 60- to 90-minute session that invites interested community members to become more aware of the many things that can be done to prevent suicide. Dealing openly with the stigma around suicide, this exploration focuses on the question, “Should we talk about suicide?” Intriguing questions and a number of handouts stimulate learning.

Who can attend?
General public.

Learning outcomes
By the end of the session, participants will be better able to:
- understand how personal and community beliefs about suicide affect suicide stigma and safety
- appreciate how the skills taught in safeTALK suicide alertness training can be used to help prevent suicide
- choose among ways to help protect, preserve and promote life in a suicide safer community

The role of suicideTALK in a suicide-safer community
suicideTALK helps to create a climate for open and direct talk about suicide, reducing stigma and supporting life-protection, preservation and promotion activities.

“suicideTALK is a great tool for our organization… We will continue to utilize this program as part of our quarterly training objectives.”

U.S. Army

safeTALK

suicide alertness for everyone

safeTALK is a three-hour training program that prepares helpers to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

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

The role of safeTALK in a suicide-safer community
safeTALK complements ASIST, ensuring that persons with thoughts of suicide are identified and linked to suicide intervention caregivers.

“An excellent first step in providing assistance to someone at risk.”

safeTALK participant

ASIST

Applied Suicide Intervention Skills Training

ASIST is a two-day, interactive workshop that prepares caregivers to provide suicide first aid interventions. Small group discussions and skills practice are based on adult learning principles. ASIST teaches the Suicide Intervention Model, a practical guide to doing suicide interventions. Powerful videos support learning.

Who can attend?
All caregivers, formally designated or not; minimum age 16 years.

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 interventions
- seek a shared understanding of the reasons for thoughts of suicide and the reasons for living
- review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time
- follow up on safety commitments, accessing further help as needed

The role of ASIST in a suicide-safer community
ASIST caregivers complete the process that safeTALK helpers start, providing life-saving suicide first aid interventions.

“I use ASIST in virtually every crisis situation, in both of my roles as a volunteer and employee… Thank you for this life-changing program.”

ASIST participant