

Aiding Life Alliances

suicideCare is a one-day seminar that introduces participants to advanced clinical competencies beyond suicide first aid. The focus is on suicide-specific tools that are rarely provided in formal training. Pre-session activities, structured handouts and case studies guide large and small group work. A structured clinical risk assessment matches an appropriate helping strategy with the needs of the person at risk.

Who Can Attend?

Mental health clinicians and other helping professionals; ASIST is a pre-requisite.

Learning Outcomes

By the end of the seminar, participants will be able to:

- distinguish four helping approaches (first aid, management, treatment and therapy).
- clarify the helping roles associated with these strategies and recognize which role they are fulfilling with a person at risk.
- integrate the actions (*Tasks*), competencies (*Tools*) and helper characteristics (*Traits*) needed to implement these roles effectively.
- assess the beliefs, attitudes and practices that facilitate or impede an effective helping relationship.

The Role of SuicideCare in a Suicide-Safer Community

suicideCARE complements ASIST, providing help for persons who need assistance beyond the first-aid intervention.

"The interaction and scenarios in this seminar were excellent..."

suicideCare participant

We Help People Prevent Suicide and Communities Become Suicide-Safer

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.

Find a training

To find a LivingWorks training in your area, visit <https://www.livingworks.net/training-and-trainers/find-a-training-workshop/>.

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.



1.888.733.5484 info@livingworks.net www.livingworks.net

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Imagine...
a suicide-safer
community.

It begins with you.



Learn Suicide Awareness Online

esucideTALK is a 1–2 hour exploration in suicide awareness. The purpose and content is modeled from our popular suicideTALK program with one unique change: esucideTALK is an e-learning platform designed to suit your schedule and lifestyle. Participants will explore some of the most challenging attitudinal issues about suicide and feel encouraged to find a part they can play in preventing suicide.

Who Can Participate?

Adults and youth 15 plus.

Learning Outcomes

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

- understand how personal and community beliefs about suicide affect suicide stigma and safety.
- appreciate how talking openly about suicide can be used to help prevent it.
- know ways to help protect, preserve and promote life in a suicide-safer community.

The Role of esucideTALK in a Suicide-Safer Community

esucideTALK helps to create a climate for open and direct talk about suicide, reduces stigma and supports life-protection, preservation and promotion activities.

suicideTALK

Covers content similar to esucideTALK in a one to two hour, face-to-face session presented by a session leader. Age of participants and learning outcomes are the same as esucideTALK.

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

Applied Suicide Intervention Skills Training

ASIST is a two-day, interactive workshop that prepares caregivers to provide suicide life-assisting, first-aid intervention. Small group discussions and skills practice are based on adult learning principles. ASIST teaches Pathways for Assisting Life (PAL), a practical guide to doing suicide interventions. Powerful videos support learning.

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 interventions.
- 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.

The Role of ASIST in a Suicide-Safer Community

ASIST caregivers complete the process that safeTALK helpers start, providing life-assisting, suicide first-aid intervention.

"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