

awareness

alertness

intervention

recovery and growth

**SUICIDE IS  
PREVENTABLE.**

**ANYONE  
CAN MAKE  
A DIFFERENCE.**

**WITH WORKSHOPS  
THAT TEACH  
LIFE-SAVING SKILLS,  
WE'RE HERE  
TO HELP.**

Living Works Education has been a leading provider of suicide intervention training for more than 30 years.

We invite you to learn how our programs can help save lives in your community.



**LivingWorks**



**suicideTALK** – face-to-face  
**esuicideTALK** – online

## Suicide Awareness

*suicideTALK* is a 1-2 hour suicide awareness session, available face-to-face or online. An excellent first step toward suicide prevention, it helps participants explore the issue of suicide, attitudes towards it, and how they can find ways to prevent it in their communities.

## Who Should Attend?

Anyone 15 or older who wants to take the first steps toward learning about and preventing suicide.

## Learning Outcomes

*suicideTALK* helps participants:

- Understand how personal and community beliefs about suicide affect suicide stigma and safety,
- Appreciate how talking openly about suicide can help prevent it, and
- Know how to contribute to suicide safety by protecting, preserving, and promoting life in their communities.

## The Role of suicideTALK in a Suicide-Safer Community

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

## Learn Online

*esuicideTALK* brings the *suicideTALK* experience online. To get started, visit [www.esuicidetalk.net](http://www.esuicidetalk.net)

*suicideTALK* makes the idea of suicide prevention accessible and invites audience members to participate in helping their community become suicide-safer.

—Karen Marshall, Outreach and Training Coordinator,  
American Indian Health and Family Services, Detroit, USA



## Suicide Alertness for Everybody

Whether directly or indirectly, most people with thoughts of suicide invite help to stay safe. *safeTALK* is a three- to four-hour training that prepares participants to recognize these invitations and connect a person with thoughts of suicide to intervention resources. Powerful videos illustrate the importance of suicide alertness, while discussion and practice stimulate learning.

## Who Should Attend?

Anyone 15 or over who wants to help people be safer from suicide.

## Learning Outcomes

*safeTALK* participants will be better able to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide,
- Recognize people who have thoughts of suicide, and
- 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* helps connect people with thoughts of suicide to caregivers who can support them. Often, these caregivers are trained in the two-day *ASIST* program.

As a taxi driver, I speak to a surprising number of people who have thoughts of suicide. *safeTALK* has given me and other drivers in Kilkenny a way to help them stay safe.

—Derek Devoy, taxi driver, Kilkenny, Ireland

# ASIST

## Applied Suicide Intervention Skills Training (ASIST)

*ASIST* is an award-winning two-day interactive workshop that prepares caregivers to provide life-assisting suicide first-aid intervention using the *Pathway for Assisting Life (PAL)* model. Research shows that *ASIST* provides long-term financial benefit to communities <sup>1</sup> and that *ASIST-trained* caregivers help at-risk people feel less suicidal and more hopeful.<sup>2</sup>

### Who Should Attend?

Although many professional caregivers use *ASIST*, anyone 16 or older can learn these life-saving skills.

### Learning Outcomes

*ASIST* participants will be better able to:

- Identify people who have thoughts of suicide,
- Understand how beliefs and attitudes can affect suicide interventions,
- Listen to the story of a person at risk and recognize turning points that connect that person to life, and
- Conduct a safety assessment, develop a safeplan, and confirm the safety actions to be done.

### The Role of ASIST in a Suicide-Safer Community

*ASIST* provides a unique, life-assisting intervention model to help caregivers support persons at risk. It also helps caregivers contribute to the development of suicide-safer resources in their communities.

“The *ASIST* training I have received has given me a clear and definite path to follow. I feel much more secure and confident in what I can do now should a client present with suicidal thoughts.”

—Trevor Lazenby, Counsellor, Blackpool, U.K.



# suicide to Hope

## Aiding Recovery and Growth

*suicide to Hope* is a one-day workshop for clinicians and other professional caregivers who work with people recently at risk of and currently safe from suicide. It provides tools to help these caregivers and people with experiences of suicide work together to develop achievable and significant recovery and growth goals.

## Who Should Attend?

Clinicians and other professional caregivers who want to learn recovery and growth skills to serve the needs of those with lived experience of suicide.

## Learning Outcomes

*suicide to Hope* participants will be better able to:

- Describe how suicide experiences provide an opportunity for recovery and growth work,
- Recognize how their helping qualities might impact recovery and growth work,
- Understand a schematic of common issues and related recovery and growth opportunities, and
- Apply a model for setting recovery and growth goals as well as a framework for monitoring and coordinating recovery and growth work.

## The Role of *suicide to Hope* in a Suicide-Safer Community

For a person recently at risk and currently safe from suicide, *suicide to Hope* can facilitate recovery and growth to achieve life-affirming goals.

Health care professionals frequently ask us what to do once they've intervened with their patients and provided immediate help. *suicide to Hope* provides a practical, useful model for them to aid recovery and growth after suicide experience and we are excited to offer it to professionals in our communities.

—Tana Nash, Executive Director,  
Canadian Association for Suicide Prevention

## **We Help Save Lives, One Intervention at a Time**

LivingWorks Education is dedicated to helping individuals and communities become safer from suicide. Our programs provide knowledge and skills that help save lives. They are used in national, regional, and organizational suicide prevention strategies. With learning experiences that are interactive, practical, and adaptable, we have a program for everyone who wants to help.

### **How to Get Involved**

#### **Attend a Workshop**

Attend a workshop and learn life-saving skills. Contact your local trainer or organization for dates, or visit [www.livingworks.net](http://www.livingworks.net) and then click on “Find a Training” under “Training and Trainers” to search for workshops near you.

#### **Host a Workshop**

A workshop for your organization or community can empower people with life-saving skills for years to come! To organize one, contact LivingWorks at: [info@livingworks.net](mailto:info@livingworks.net).

#### **Become a Trainer**

By becoming a trainer, you can provide LivingWorks programs to your community. For more information, visit [www.livingworks.net](http://www.livingworks.net).

LivingWorks *Training for Trainers (T4T)* courses focus on a positive learning environment with respect, support, honesty, and open discussion.



**1.888.733.5484** [info@livingworks.net](mailto:info@livingworks.net) [www.livingworks.net](http://www.livingworks.net)

6EN40 © 02/2016

---

1: Ashwood, J. S., Briscoombe, B., Ramchand, R., May, E., Burnam, M. A. (2015). Analysis of the Benefits and Costs of CalMHSA's Investment in Applied Suicide Intervention Skills Training (ASIST).

2: Gould, M. S., Cross, W., Pisani, A. R., Munfakh, J. L., & Kleinman, M. (2013). Impact of Applied Suicide Intervention Skills Training on the National Suicide Prevention Lifeline. *Suicide and Life-Threatening Behavior*, 43.6, 676-691.