



LivingWorks safeTALK is a half-day, in-person workshop that empowers you to recognise when someone may be thinking about suicide, talk with them directly and connect them to life-saving support. Through hands-on practice and guided learning, you'll build the confidence to have open, honest conversations that can make all the difference.

By completing this training, you'll become a **Suicide Safety Connector** - someone who helps strengthen the **Network of Safety** - a growing community of trained Helpers ready to notice, respond and link others to care.

Everyone has a role to play in building suicide-safer communities, and LivingWorks is here to support you with training for every role.

WHAT WILL YOU LEARN?

You don't need to have all the answers - you just need the skills to notice, talk and connect someone to safety. **LivingWorks safeTALK** equips you with the confidence and tools to be that vital connector. You'll learn to:

- Recognise when someone may be having thoughts of suicide
- Understand how personal and community attitudes toward suicide can affect openness to seek and provide help
- Reach out with care and talk openly using a simple, proven four-step model
- Help them **KeepSafe** by connecting them to further support and resources

LivingWorks safeTALK strengthens your role in the **Network of Safety** - ensuring more people are ready to notice and respond when it matters most.

WHO SHOULD ATTEND?

LivingWorks safeTALK is recommended for anyone aged 15+ who wants to help promote suicide safety in their communities. No previous training or experience is required. Whether you're a student, co-worker, teacher, parent or community member, **LivingWorks safeTALK** gives you the tools to play a vital role as a connector for your friends, family and community.

HOW WILL YOU LEARN?

LivingWorks safeTALK is delivered in a safe, supporting learning environment, guided by certified LivingWorks Trainers. You will learn through:

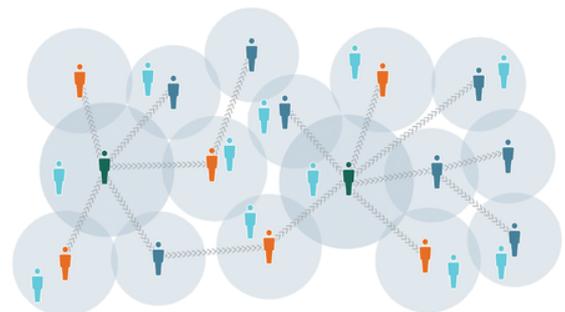
- Trainer presentations, interactive discussions and hands-on practice
- Videos that show what can happen when signs of suicide are missed - and how outcomes change when recognised and addressed
- Opportunities to explore how **LivingWorks safeTALK** can be applied in your workplace, school or community

Open, honest discussion about suicide is encouraged - helping you prepare to talk directly, connect with confidence and guide someone toward safety.

WANT TO LEARN MORE?

Since its inception, more than 900,000 people worldwide have been trained in **LivingWorks safeTALK** - making a difference in schools, workplaces, families and communities. Research continues to affirm the value of this training.

NETWORK OF SAFETY



-  Suicide Alert Helper
-  Suicide First-Aid Helper
-  Referral pathway to further help
-  Suicide Safety Connector
-  Not trained but protected by those that are
-  Area of coverage

LIVINGWORKS CONNECT

LivingWorks safeTALK is part of the **LivingWorks integrated training system**. This system is fully supported by **LivingWorks Connect** - a digital platform and mobile app.

With **LivingWorks Connect**, you'll have access to ongoing resources and tools that help refresh your skills, strengthen your confidence and keep you connected to the wider Network of Safety - right at your fingertips.

