



Training Dates 2019	Time	Venue
22 nd February	9.30 am to 1.00pm	Charleston Centre 49 Neilston Road Paisley PA2 6LY
23 rd April	9.30 am to 1.00pm	
31 st May	9.30 am to 1.00pm	
24 th June	9.30 am to 1.00pm	

If you have any questions regarding safeTALK please contact **Douglas Johnston, Choose Life Service Coordinator** at : **0141 849 2200**; or **douglas.johnston@renfrewshire.gov.uk**

If you would like to attend one of the above courses please contact :

**Douglas Johnston (details above) or
Social Work Professional Training, on 0141 618 2599 or
training.sw@renfrewshire.gov.uk**

safeTALK, is around three hours in duration, and is training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

As a safeTALK-trained suicide alert helper, you 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 suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.