

# Suicide Prevention Training



## safeTALK

September 9<sup>th</sup> from 5 to 8 pm  
FREE through a grant  
Summerland Rec. 494-0447

### *Suicide Alertness Training for Everyone*

safeTALK is a half day training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them with resources who can help them in choosing to live. Participants don't need any formal preparation to attend training. Ages 15+

#### LEARNING OBJECTIVES

- ❖ Notice and respond to situations where suicide thoughts might be present
- ❖ Recognize that invitations for help are often overlooked
- ❖ Move beyond the common tendency to miss, dismiss, and avoid suicide
- ❖ Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- ❖ Know community resources and how to connect someone with thoughts of suicide to them for further help



## ASIST

*Applied Suicide Intervention Skills Training*

Penticton Sept. 12/13 all day  
\$185 – Penticton Rec 490-2426

ASIST is a two-day interactive workshop in suicide first-aid. ASIST teaches participants to recognize when someone may be at risk of suicide and work with them to create a plan that will support their immediate safety. Ages 16+

#### LEARNING OBJECTIVES

- ❖ Understand the ways that personal and societal attitudes affect views on suicide and interventions
- ❖ Provide guidance and suicide first aid to a person at risk in ways that meet their individual safety needs
- ❖ Identify the key elements of an effective suicide safety plan and the actions required to implement it
- ❖ Appreciate the value of improving and integrating suicide prevention resources in the community at large
- ❖ Recognize other important aspects of suicide prevention including life-promotion and self-care.



Canadian Mental  
Health Association  
South Okanagan Similkameen  
*Mental health for all*

safeTALK and ASIST are part of CMHA's Community Education. For more information about mental health training contact Leah: 250-493-8999, [leah.Schulting@cmha.bc.ca](mailto:leah.Schulting@cmha.bc.ca)

[www.sos.cmha.bc.ca](http://www.sos.cmha.bc.ca)