

Hillside Learning Institute

safeTALK

Description: Recognizing that a person is in distress is the first step in helping connect people with thoughts of suicide to the help that they need. When recognition that a person is experiencing thoughts of suicide is paired with quick connections to skilled helpers, suicide attempts can be prevented.

Participants will learn to determine if a person is experiencing suicidal thoughts, and ways to help connect the person at risk to skilled helpers who can provide first aid supports. This is not in-depth treatment, but a process to facilitate access to care. Participants will learn four simple steps which help to recognize that a person is in distress, identify that they are having thoughts of suicide, and connect them to first aid supports.

Objectives: Participants in the safeTALK course will be able to:

- Recognize that a person is experiencing thoughts of suicide
- Ask a person if they are experiencing thoughts of suicide
- Connect a person at risk to first aid supports
- Understand how to move beyond common tendencies to miss, dismiss or avoid suicide
- Implement the TALK Model

Course Structure: This course is designed as a 3 hour session. A brief break is offered in the middle of the session. This course is only offered in a live, in-person format.

Practical Considerations: This course is a frank discussion regarding suicide, which may be difficult for participants who have recently experienced the loss of someone close due to suicide, or who is experiencing thoughts of suicide. We strongly encourage individuals in acute distress to seek support. The National Suicide Prevention Lifeline - 1 800 273 TALK (8255) is a readily available resource to provide support, as well as a number of local entities.

CEUs: 3 Contact Hours for Social Work CEUs are available. Please bring your license number with you to the class. Please note that a separate fee will be applicable for each participant seeking Social Work CEUs.

3 Contact Hours for the following credentials are available: LMSW, LCSW, LMHC, LMFT.

If you wish to participate in an already-scheduled course, to set up a session of this course for your organization, or if you have further questions, please contact training@hillside.com.