

# SafeTALK: Suicide Alertness For Everyone

## Description

SafeTALK is a half-day suicide prevention structured programme that prepares you on preventing suicide, regardless of your prior experience or training.

Using a simple yet effective model, this programme trains participants on preventing suicides by looking out for signs, engaging the affected personnel and directing them to the relevant organisation for further support.

## Duration

0.5 day (4 hours)

## Programme Content

This programme will cover the following topics:

1. What is SafeTALK?
2. Suicide and Mental Health;
3. Matrix of Suicide Prevention Activities;
4. Suicide Prevention Policies; and
5. Healing after a Suicide

## Target Audience

This programme is recommended for staff in supervisory roles, and frontline healthcare workers who are interested to learn more about suicide risk assessment skills that can be utilised in their daily working environment.

## Learning Outcomes

At the end of the programme, participants will be able to:

1. Identify a person with thoughts of suicide;
2. Engage the person with thoughts of suicide; and
3. Connect them to community resources for intervention and support.

# SafeTALK: Suicide Alertness For Everyone

## Methodology

Methodologies used will include:

1. Lectures
2. Mini-didactic presentations
3. Small group exercises
4. Skills practice
5. Reflective learning

## Training Capacity

30 participants per run

## About the Organiser

Officially established on 19 July 2002, the National Healthcare Group (NHG) College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG in serving and managing the health of our patients and the population.