



What is suicideTALK?

suicideTALK, is a 90 minute community oriented program that invites participants to explore issues in suicide prevention.

What happens at suicideTALK?

suicideTALK aims to make suicide a community concern by facilitating an open and honest talk about suicide and helps to break stigma and taboo surrounding suicide.

Such talk may:

- Facilitate community awareness of suicide as a serious community health problem
- Reduce the stigma and taboo surrounding suicide
- Increase personal commitment to and action in suicide prevention
- Support the spread of training opportunities and networking activities

Who should attend suicideTALK?

This short course is ideal for participants over the age of 15 who wish to raise their awareness of suicide issues.

How does suicideTALK help prevent suicide?

suicideTALK is an exploration of the question, "Should we talk about suicide?" Which involves exploring attitudes and beliefs about suicide. In doing so, participants can understand and clarify their beliefs which can create a strong foundation for future suicide prevention work. Participants explore what they can do to prevent suicide and are encouraged to act on their commitments and invest in suicide prevention to aid their community.



safeTALK

What is safeTALK?

safeTALK is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities.

What happens at safeTALK?

- Expect your attitudes and beliefs to be challenged
- Learn why it is important to be suicide alert
 - Learn clear and practical information on what to do if you need to support someone who is at risk of suicide
 - Practice the TALK (Tell, Ask, Listen, and Keepsafe) steps to connect a person with suicidal thoughts to suicide first-aid intervention caregivers
 - Conclude with practice in activating a suicide alert

Who should attend safeTALK?

safeTALK is suitable for everyone, community members and professionals alike.

How does safeTALK help prevent suicide?

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:

- Identify people with thoughts of suicide
- Apply safeTALK steps (Tell, Ask, Listen, and Keep Safe) to connect a person with suicide thoughts to suicide first aid intervention givers or other resources



ASIST

What is ASIST?

Applied Suicide Intervention Skills Training
A two day, skills building workshop that prepares caregivers provide suicide first aid interventions.

PAPYRUS uses the latest version of ASIST.

What happens at ASIST?

ASIST trains participants to reduce the immediate risk of a suicide and increase the support for a person at risk. The workshop helps participants recognise what a person at risk may need from others in order to keep safe and get help.

Who should attend ASIST?

ASIST is suitable for a wide range of professionals and community members including; natural helpers and advisers, emergency service workers, counsellors, teachers, ministers, mental health staff, workers in health, welfare and justice and community volunteers.

How does ASIST help prevent suicide?

As an ASIST trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living
- Review current risk and develop a plan to increase safety from suicidal behaviour
- Follow up on all safety commitments, accessing further help as needed
- Recognise invitations for help
- Reach out and offer support
- Apply a suicide intervention model
- Link people with community resources

Are you ready to prevent suicide?



Contact us now to arrange the following for your organisation:

- Consultation regarding your organisation's needs
- Suicide awareness workshops for young people
- Bespoke training for your staff and volunteers
- Key note speakers for your event
- Exhibition stands
- Literature orders

Excellent. Should be used by every company, school, college, university

ASIST Participant, Warrington

For more information, email our training team on:
training@papyrus-uk.org

PAPYRUS aims to create suicide—safer communities by delivering suicide prevention training across the UK.

I really found this training helpful and it gave me a new confidence to assist people who may be having thoughts of suicide

ASIST Participant, Newcastle

I just wanted to say a huge thank you for your excellent keynote on Saturday, it was so well received and all the volunteers told me how helpful and informative it had been - thank you

TimetotalkBucks

Contact the PAPYRUS training team to book a training place or to arrange a course for your organisation at your location.

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Registered Charity
Number 1070896



Suicide Prevention Training



Suicide is the leading cause of death of under 35 year olds

Learn suicide **awareness, alertness** and **intervention** skills to **save young lives**

 **PAPYRUS**
prevention of young suicide