

# safeTALK

A HALF DAY (3.5 Hours) - Suicide Prevention training for frontline staff: **Do you want to know what do when someone is suicidal?**



Tower Hamlets Community Education Provider Network (CEPN) in partnership with Newham CEPN are pleased to be able to offer this half day course. safeTALK is a half-day (3.5 hours) training course that can help you make a difference. Limited number of funded places are available for workforce across North East London

safeTALK: suicide alertness for everyone  
safeTALK is a half-day (3.5 hours) training course that can help you make a difference. Know what to do if someone's suicidal by following the easy to remember TALK steps - Tell, Ask, Listen and Keep-safe. These practical steps offer immediate help to someone having thoughts of suicide and helps you both move forward to connect with more specialised support

This training complements the more comprehensive 2 day ASIST course by conveniently widening the net of suicide alert helpers to ensure that thoughts of suicide aren't missed, dismissed or avoided.

#### Learners should be able to:

- Identify people thinking of suicide
- Overcome barriers to talk about suicide
- Identify reasons we may miss, dismiss or avoid suicide
- Apply the 4 step model of suicide alertness: Tell, Ask, Listen, and KeepSafe
- Connect people at risk with further help

#### Training will be delivered with:

- Presentations and guidance from a Living Works registered trainer
- Access to support from a local community resource person
- Powerful audio visual learning aids
- Hands-on skills practice and development

#### When and where is the training?

Please **CLICK HERE** for a full list of dates and times

All courses will be delivered at the Education Centre, Burdette House, Mile End Hospital, Bancroft Road, London, E1 4DG  
<https://goo.gl/maps/ASKhqWdbXuF2>

For more information please visit

[www.thcepn.com](http://www.thcepn.com)

 Tower Hamlets CEPN  @THCEPN



Please note that whilst light refreshments will be made available, lunch will not be provided. However, facilities are available on site to purchase food and drink.

A course completion certificate will be provided to all participants  
Please note this course is emotionally tiring and can bring up personal feelings around loss, and previous thoughts of suicide.

For further information please email [thccg.cepn@nhs.net](mailto:thccg.cepn@nhs.net) or visit [www.thcepn.com/safetalk](http://www.thcepn.com/safetalk)