



The A.T.O.
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Suicide Alertness for Everyone (*safeTALK Training*)

An application is available as a document download on ATO Training web-page

SafeTALK is a 3.5 hour, in-person training program that teaches participants to recognize and engage persons who might be having thoughts of suicide and to connect them with community resources trained in suicide intervention. SafeTALK stresses safety while challenging taboos that inhibit open talk about suicide. The 'safe' of SafeTALK stands for 'suicide alertness for everyone'. The 'TALK' letters stand for the practice actions that one does to help those with thoughts of suicide: Tell, Ask, Listen, and KeepSafe. SafeTALK was developed by LivingWorks Education.

The SafeTALK learning process is highly structured, providing graduated exposure to practice actions. The program is designed to help participants monitor the effect of false societal beliefs that can cause otherwise caring and helpful people to miss, dismiss, or avoid suicide alerts and to practice the TALK step actions to move past these barriers. Video scenarios, selected from a library of scenarios and strategically used through the training to provide experiential referents for the participants.

After training, participants in the SafeTALK program will be able to:

1. Receive a certificate verifying completion of safeTALK Training
2. Challenge attitudes that inhibit open talk about suicide.
3. Recognize a person who might be having thoughts of suicide.
4. Engage them in direct and open talk about suicide.
5. Listen to the person's feelings about suicide to show that they are taken seriously.
6. Move quickly to connect them with someone trained in suicide intervention

Contact

(email preferred)

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Additional Information

safeTALK Training

Type: Program/Practice, Education/Training Program

Organization: LivingWorks training conducted by The ATO instructors

Cost per class participant: \$290 per participant. Organizational discounts are available if 15 or more students are confirmed.

Material costs: Included in class price

Tools needed: Tools provided. Personal laptops are optional

Travel/Overhead/Incidentals: Varies based on city location and class size. Classes of 21 participants or more require 2 instructors.