



suicideTALK

An exploration in suicide awareness:

Focus

suicideTALK is a short community-oriented program exploring issues and attitudes in suicide prevention.

The program is designed to play a role in mobilising participants' resolve to work toward the creation of suicide-safer communities. That resolve may eventually find expression in any of a wide range of activities. However, as a first step toward greater involvement, the program invites participants to explore attitudes about suicide. It recognises that, often, the first barrier to involvement may not be lack of knowledge or skills but anxiety and fear.

Goals and objectives

It is intended that suicideTALK participants will be better prepared to:

- embrace life-protection, preservation and promotion activities;
- contribute to growing community awareness of suicide as a serious community health problem;
- begin breaking free from the stigma and taboo which inhibits open and honest talk about suicide and how to prevent it;
- apply basic TALK steps (Tell, Ask, Listen and KeepSafe);
- increase personal commitment to and action in suicide prevention;
- support the growth of training opportunities and networking activities.

suicideTALK trainers

suicideTALK is presented by a registered LivingWorks trainer.

Trainers use internationally standardised learning materials - tailoring examples and applications to local needs as appropriate. Those who attend the program are encouraged to talk with their presenter about their response to suicideTALK. This might include enquiry about further training opportunities or possible suicide prevention activities in the local community.

suicideTALK participants

Many things, personal and professional, stimulate interest in suicideTALK. Community publicity about suicide may have aroused curiosity to learn more. Being touched personally by suicide may have motivated a desire to become more involved in preventing further suicides. Others may be seeking a forum to explore attitudes and beliefs about suicide and suicide prevention.

Lifeline, accessible in Australia on 13 11 14, is one of many community resources available to persons at risk of suicide.

Presentation process

The program invites participants to explore the question: 'Should we talk about suicide?' It examines some of the implications of avoiding suicideTALK. By encouraging open conversation about suicide, it seeks to reduce stigma, promote life and enhance suicide safety.

Key features:

- Taught by one trainer - recommended group size of up to 30 people.
- Presenter input, aided by training materials stimulates the learning conversation.
- Interactive conversational format with the level of involvement influenced by the nature and size of the group.
- Participant materials include a worksheet and information on community resources. Handouts on subjects such as 'Healing after a Suicide', 'Living with Risk at Home', 'Suicide and Mental Health' and 'Where to Start' are offered.

suicideTALK and other LivingWorks programs

suicideTALK is designed to complement other LivingWorks programs such as ASIST and safeTALK. The programs share the same beliefs about suicide and preventing suicide. However, each has a specific role.

Comparisons between safeTALK and ASIST are summarised in a separate safeTALK information sheet.

suicideTALK provides an opportunity to become more suicide aware. It is well suited to people who are seeking an initial exploration of the issues around suicide. It goes beyond providing information (which is common to many suicide awareness programs) to address attitudes affecting prevention activities. While it introduces people to basic intervention steps (Tell, Ask, Listen and KeepSafe) it has a broader community development focus.

People who participate in suicideTALK may become motivated to learn more by attending safeTALK or ASIST.

Program attendance

While a limited number of trainers provide suicideTALK, it has proved attractive to people in a wide range of settings including remote communities in Australia and the South Pacific.

To find out whether there is a suicideTALK presenter near you, contact the LivingWorks national office.

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