

Become Suicide Alert



safeTALK

Learn 4 basic steps to recognize persons with thoughts of suicide and connect them to suicide first aid resources.

This three-hour training can help you make a difference.



Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to identify and engage people with thoughts of suicide and to connect them with further help and care.

Who should attend safeTALK?

safeTALK is for everyone who wants to help prevent suicide: frontline workers, clergy, volunteers, parents, teachers.....

.....anyone who wants to help prevent suicide.

The training is free of charge for anyone living or working in West Lothian, and is available on the following dates:

13 February 2012 → 9.30 am - 12.30 pm

or

12 September 2012 → 9.30 am - 12.30 pm

St John's Hospital, Livingston

**You must be 16
or over to
attend this
training**

For further details, or to book a place on either session, please contact:

Susan Scott
ChooseLife - Health Improvement Team
West Lothian Council
Strathbrock Partnership Centre
189a West Main Street
Broxburn, EH52 5LH

Tel: 01506 775626

Fax: 01506 775667

Email: HIT@westlothian.gov.uk



West Lothian
Council

chooselife

A national strategy and action plan
to prevent suicide in Scotland



West Lothian

Community Health and Care Partnership