

SuicideTALK

LivingWorks
Education



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Focus

SuicideTALK is a community oriented program exploring issues in suicide prevention. It is designed to play a role in mobilising participants' resolve to work toward the creation of suicide-safer communities.

That resolve may eventually translate into any of a wide range of activities. However, as a first step toward greater involvement, SuicideTALK invites participants to explore attitudes about suicide. It recognises that, often, the first barrier to greater involvement may not be lack of knowledge or skills but anxiety and fear.

Target Participants

SuicideTALK is suitable for almost any community audience and assumes no prior knowledge of suicide.

It may also be particularly valuable in professional services where the accent has been on intervention knowledge and skills with little opportunity for workers to consider how their attitudes and beliefs about suicide affect their work.

Consider attending if:

- ✧ community publicity about suicide has aroused your curiosity to learn more;
- ✧ you have been touched personally by suicide;
- ✧ you are seeking a forum to explore your attitudes and beliefs about suicide and suicide prevention;
- ✧ you have been considering the question 'should I talk about suicide?'

Objective

The purpose of this exploration is to provide a forum for each participant to decide whether suicide should be talked about directly, openly and honestly. Its aim is to make such talk in any context easier.

Goals

Participants will be better able 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 of suicide;
- ✧ increase personal commitment to and action in suicide prevention;
- ✧ support the spread of training opportunities and networking activities.

Format

The program adopts an exploration format and takes about one and a half hours. It is structured by and organised around the question: 'Should we TALK about suicide?'. Presenter input, aided by colour overhead transparencies, alternates with a level of interactive involvement appropriate to the nature and size of the particular audience.

Emphasis is on creating a safe environment for exploration. Participants are able to become involved at a level which is comfortable for them and invited to consider possibilities for follow-up action and involvement. The program recognises that the audience may include those at risk, carers of individuals at risk or people affected by the suicide of someone close to them.

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. Information about further suicide intervention training is provided.