

## suicideTALK: suicide awareness

*suicideTALK is a 90-minute suicide awareness session that helps participants understand the issue of suicide and how they can help to prevent it in their communities.*

**PURPOSE:** Help attendees learn more about suicide and how they can prevent it

**DURATION:** 1.5 hours

**PARTICIPANTS:** Anyone 15 or older who wants to learn more and help make a difference

**LANGUAGES:** English and French

### suicideTALK...

- Examines why people experience thoughts of suicide
- Encourages open discussion about suicide and attitudes toward it
- Explores ways people can help to prevent suicide

### Session leaders

Most suicideTALK session leaders are registered LivingWorks trainers, but anyone with suicide intervention training can present the awareness session. suicideTALK session leaders are ready to assist if anyone in the audience experiences distress as a result of discussion about suicide.

### Taking the first step

suicideTALK is an introductory program that teaches about suicide and how you can make a difference in your community. Other LivingWorks programs provide in-depth skills to help save lives from suicide. Together, these programs are more than the sum of their parts: they combine to create a whole community that's safer from suicide.

### Training Programs for everyone

Suicide is preventable, and anyone can make a difference. LivingWorks promotes a layered approach that encourages individuals and organizations to select the training programs best suited to their needs.



*To find a suicideTALK session in your area, bring one to you, or learn how to present the program, email [suicidetalk@livingworks.net](mailto:suicidetalk@livingworks.net). You can also experience suicideTALK online with esuicideTALK—see other side for details.*

## esuicideTALK: online suicide awareness

*esuicideTALK brings the suicideTALK experience online, allowing participants to learn more about suicide and its prevention in a self-paced environment.*

**PURPOSE:** Help attendees learn more about suicide and how they can prevent it

**PARTICIPANTS:** Anyone 15 or older who wants to learn more and help make a difference

**LEARNING MODEL:** Each participant selects one virtual narrator and learning companion

**DURATION:** 1.5 hours

**LANGUAGES:** English

### Just like the face-to-face suicideTALK session, esuicideTALK...

- Examines why people experience thoughts of suicide
- Encourages open discussion about suicide and attitudes toward it
- Explores ways people can help to prevent suicide

### System requirements

esuicideTALK is designed for both Windows and Mac platforms. It requires an internet connection to use and is compatible with Internet Explorer 9, Firefox 8, Chrome 15, and Safari 5.1.2 or newer.

*esuicideTALK makes the idea of suicide prevention accessible and invites audience members to participate in helping their community become suicide-safer.*

—Karen Marshall, Outreach and Training Coordinator, American Indian Health and Family Services, Detroit, USA

### Getting started with esuicideTALK

1. Visit [www.esuicidetalk.net](http://www.esuicidetalk.net)
2. Under “Individuals,” click “Purchase Now!” to obtain a single-use voucher for \$20.00
3. Enter your information and click “Register Now”
4. Your voucher code will arrive by email
5. Enter the voucher code and click “Submit”
6. Select a narrator and learning companion to begin your esuicideTALK experience!

### Group price rates

Group price rates are available at a discount, as is an organizational license. The organizational license lets you offer esuicideTALK to everyone in your organization and includes a custom homepage that will display before the program runs. For more information, email [esuicidetalk@livingworks.net](mailto:esuicidetalk@livingworks.net). Revenues from esuicideTALK help support maintenance and development costs for LivingWorks programs.

*You can also attend the face-to-face suicideTALK session—see other side for details.*

**About LivingWorks:** LivingWorks is dedicated to saving lives through the creation, development, and delivery of innovative training experiences that empower individuals, organizations, and communities to be safer from suicide. To learn more, visit [www.livingworks.net](http://www.livingworks.net).