

A suicide-safer community begins with you.

...But you might be wondering, “How do I get started?”

Riverside University Health System—Behavioral Health, Prevention and Early Intervention offers two different trainings, **safeTALK** and **ASIST**, to help build suicide-safer communities.

These trainings are FREE to those who live or work in Riverside County.

Please call Maria at (951) 955-4260 or email mdalgarin@rcmhd.org for upcoming training dates, registration forms, or more information.



Suicide Alertness for Everyone

safeTALK is a three-hour training that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

Who can attend?

Anyone who might want to help; minimum age 15 years.

Learning Outcomes

Participants will be better able to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, KeepSafe) to connect a person with thoughts of suicide to a suicide first aid intervention caregiver

The role of safeTALK in a suicide-safer community

safeTALK compliments ASIST, ensuring that persons with thoughts of suicide are identified and linked to suicide intervention caregivers.



Applied Suicide Intervention Skills Training

ASIST is a two-day, interactive workshop that prepares participants to provide suicide first aid interventions. Small group discussions and skills practice are based on adult learning principles. ASIST teaches the Suicide Intervention Model, a practical guide to doing suicide interventions. Powerful videos support learning.

Who can attend?

Anyone who wants to help further; minimum age 16 years.

Learning Outcomes

Participants will be better able to:

- Identify people who have thoughts of suicide
- Understand how beliefs and attitudes can affect suicide interventions
- Seek an understanding of the reasons for thoughts of suicide & the reasons for living
- Review current risk and develop a plan to increase safety from suicidal behavior for an agreed amount of time
- Follow up on safety commitments, accessing further help as needed

The role of ASIST in a suicide-safer community

ASIST caregivers complete the process that safeTALK helpers start, providing life-saving suicide first aid interventions.