

For a suicide-safer Cornwall

Suicide rates in Cornwall are **consistently** higher than the national average, with male suicide rates on average three times higher than female suicide rates.

People who die from suicide are not always in contact with health services, yet they often continue to go to work even as their ability to cope deteriorates. More than two thirds of people are in employment, so the workplace offers a practical opportunity to reach people who need support and to reduce stigma around mental health.



*“People lead complicated lives and you don’t just leave your worries on the doorstep when you come to work - you are a whole person.”*

Louise Aston, Wellbeing Director,  
BITC.

## safeTALK suicide alertness for everyone



**SafeTALK** is a 3.5 hour training course that can help make a difference in the workplace. **SafeTALK** offers practical steps to immediately assist someone having thoughts of suicide and help you both move forward to connect with more specialised support.

**SafeTALK** complements the 2 day ASIST course by widening the net of suicide alert helpers to ensure that thoughts of suicide aren't missed, dismissed or avoided.

## What you will learn

By the end of **SafeTALK** you will be equipped with the skills necessary to effectively:

- Notice and respond to situations where suicidal thoughts might be present
- Overcome barriers in talking about suicide
- Recognise that invitations for help are often overlooked
- Move beyond the tendency to miss, dismiss and avoid suicide
- Apply the **TALK** steps: Tell, Ask, Listen and Keep Safe
- Know community resources and connect people at risk of suicide with further appropriate help.

*“Supporting people to talk about their feelings with their manager or colleagues can help them get the support they need, and ultimately save lives.”*

Duncan Selby, CEO Public Health England

*“We introduced training for all managers to give them a good understanding of mental health and increased awareness of how to spot the signs someone may need help, and then know how to support them.”*

Bobby Walker, GPS PE Pipe Systems



### To Book

This **3.5** hour course is offered at a subsidised rate of £10 for those living or working in Cornwall.

[www.healthpromcornwall.org/training-programme/](http://www.healthpromcornwall.org/training-programme/)

[iherbert@cornwall.gov.uk](mailto:iherbert@cornwall.gov.uk)