

# Community Gatekeeper Training



Canadian Mental Health Association  
British Columbia  
Mental health for all

## safeTALK half-day training Helping people at risk of suicide

**Suicide is preventable. Anyone can make a difference.**

safeTALK is a half-day training in suicide alertness. Learn to:

- Identify people who may have thoughts of suicide,
- Ask them directly about the possibility of suicide, then
- Connect them to live-saving community supports and resources.

Both professionals and members of the general public can benefit from safeTALK.

safeTALK is one of two levels of training offered throughout British Columbia through the Canadian Mental Health Association's Community Gatekeeper training program. ASIST, a two-day interactive workshop in suicide intervention and safety planning, is also available.



You're someone who is there to listen when people need to talk—and with Community Gatekeeper training you may be able to help save a life.

### WHY TAKE SAFETALK?

**LIFE-SAVING:** Anyone can experience thoughts of suicide. By connecting friends, family members, colleagues, and students with helping resources, safeTALK participants save lives in their communities.

**SIMPLE YET EFFECTIVE:** safeTALK uses the easy-to-follow TALK steps—Tell, Ask, Listen, and KeepSafe— and includes time to practice them so the knowledge is retained.

**ENGAGING:** safeTALK is a dynamic training that incorporates presentations and audiovisuals. It invites participants to become more alert to the possibility of suicide and how to prevent it.

**TRUSTED:** More than 50,000 people attend safeTALK each year. safeTALK is used in over 20 countries worldwide, and many communities, organizations, and agencies have made it a core training program.

**PROVEN:** Studies show that safeTALK participants feel more confident asking people about suicide, connecting them with life-saving resources, and keeping them safe until those resources can take over.<sup>1,2</sup>

<sup>1</sup> McLean, J., Woodhouse, A., el, M, Pynnonen, A., McBryde, L. (2007) Evaluation of the Scottish safeTALK Pilot. Scottish Development Centre for Mental Health, Edinburgh. <sup>2</sup> McKay, K., Hagwood, J., Kavalidou, K., Kolves, K., O'Gorman, J. & De Leo, D. (2012) A Review of the Operation Life Suicide Awareness Workshops. Report to the Department of Veterans' Affairs. Australian Institute for Suicide Research and Prevention, Brisbane.

To learn more about bringing Community Gatekeeper training to your community or workplace, please contact Dammy Damstrom Albach at 604-688-3234 ext. 2710 or [dammy.albach@cmha.bc.ca](mailto:dammy.albach@cmha.bc.ca).

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