

If you were worried about someone,  
would you know what to say?

# LEARN TO TALK ABOUT SUICIDE: YOU COULD SAVE A LIFE

## TALKING ABOUT SUICIDE: TEN TOOLS - ZOOM TRAINING FOR EVERYONE

Learn 10 practical tools to help you start a conversation with someone you're worried about - a colleague, client, friend or family member who may be thinking of suicide.

Anyone can learn these tools; no prior training is needed. We recommend the session to anyone who supervises staff or works with the public.

We take the fear out of this sensitive subject in a respectful session that is being delivered online to people around the world every week.

Over 1000 people trained so far...

After this training, 100% of participants felt more confident to start a conversation about suicide, and on average, they felt 75% more confident to ask someone if they were thinking of suicide.

In just 90 minutes you will:

- Choose healthier language to talk about suicide
- Be more alert to the signs that someone might be struggling
- Lose any fears you might have (e.g. what if I say the wrong thing?)
- Be clear about best practice (e.g. how to ask about suicide)
- Understand the art and power of active listening
- Know how to connect a person to more support

"I was anxious before this training but the trainer really put us at ease. The creative approach and interactive ideas were really considerate, especially of those who have personal experience with the subject."

*Specialist Housing  
Worker*

"The trainers really know their stuff and are enthusiastic and passionate."

*Counsellor*

"I loved how you shared best practice then gave examples of a human being doing their best. It's so important to know we don't have to do it all perfectly to still have a positive impact."

*Community  
Choir Leader*

## Why is this training so important?

- **Suicide thoughts are common.**  
1 in 20 people are thinking of suicide at any time (Samaritans).
- **Covid-19 is impacting our mental health**, collectively and individually; suicide calls to Rethink have tripled since March 2020.
- **We can't leave 'difficult conversations' to the professionals.** 72% of people who died by suicide had no contact with a health professional in the year before their death. (Mental Health Foundation)

"Brilliant training. Safe, engaging and really empowering."

Secondary School  
Director of Intervention

## How does the session work?

The session is delivered on Zoom, and best accessed from a laptop. Participants engage as much or little as they personally feel comfortable, using polls, slide annotation and facilitated discussions. There is no expectation to speak, but we encourage everyone to turn on their video to promote a safe environment.

## How else do you keep the group safe?

Every consideration has been taken to keep participants safe before, during and after the training. Our robust safeguarding procedure includes having a trained emotional support person available to provide immediate private support throughout the session, and follow up phonecalls afterwards as necessary.

## How do I get this training?

We run a number of **open sessions** including a monthly donation-based session for anyone, and low-cost sessions for managers, HR staff, counsellors and men. Book here:

<http://TAS10.eventbrite.com>

We are also taking bookings for **closed, tailored sessions** for organisations, for up to 30 people. To enquire, please complete this form or email [prevention@ollysfuture.org.uk](mailto:prevention@ollysfuture.org.uk):

[www.bit.ly/TAS10-enquiry](http://www.bit.ly/TAS10-enquiry)

"I've participated in countless training courses in my career and I can't recall one that made such an impact. The session is an eye-opener, well-paced and full of incredibly useful content."

Customer Support  
Sustainability Partner

WE HAVE DELIVERED CLOSED SESSIONS TO: CAMBRIDGE, EXETER AND SUSSEX UNIVERSITIES, KINDRED, THE COMPASSIONATE FRIENDS, THE CHOIR WITH NO NAME, VICTIM SUPPORT, THE WORSHIPFUL COMPANY OF WORLD TRADERS, YMCA AND OTHERS.



This training was created in partnership between Ann Feloy, co-founder of suicide prevention charity **Olly's Future** (registered no. 1187184) and Rose Allett of **Start the Conversation** suicide prevention education.

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