

Safely Talking:

A checklist to prepare for a SAFE group discussion on suicide and suicide prevention

1 SITUATION

1

- I know what type of conversation I'm having and have read the corresponding guides
- If it is a discussion after a known suicide death/attempt, I have consulted the conversations matter postvention factsheet and have put appropriate measures in place, including ensuring a clinical support person is available on the day of discussion.

2 AUDIENCE CONSIDERATIONS

2

- I know the people I will be talking to and any additional considerations regarding safely talking about suicide to specific community groups

3 FOLLOW LANGUAGE AND MESSAGING GUIDE

3

- I have a good understanding of the language I should and shouldn't use
- I have the key messages in mind for use in my discussion

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4 ENCOURAGE HELP-SEEKING

- I have identified appropriate local supports including a support person for the day of discussion
- I have crisis support numbers and relevant information to handout to the group.

For more information and to download the Safely Talking toolkit, go to www.mhct.org/safely-talking