



CONVERSATIONS THAT BUILD LIFE-SUPPORTING COMMUNITIES
#LifeSupportingConversations



safeTALK

3-4 Hour Suicide Alertness For Everyone Training (16 yr +)

Know how to identify someone is at risk

Know how to connect them onto someone who can keep them safe

ALERTNESS



CHECKMATE

3-4 Hour Workplace / Sports Team / Team Wellness and Support Training

Identifying life-supports that increase and sustain wellness in your team

Safe approach to collegial life-supporting conversation in the team.

AWARENESS



Suicide First Aid

1 day Suicide First Aid Skills Training For Everyone (16 yr +)

Understand why life-supporting conversations are important.

Learn how to use life-supporting conversations to keep people safe.

INTERVENTION



ASIST

2 Day Practical Suicide Intervention Skills Training For Everyone (16 yr +)

Understand the needs of a person with thoughts to suicide

Know how to safely meet those needs through proven conversational framework

INTERVENTION



suicide to Hope

1 day Suicide Recovery and Growth Support Training for Support Helpers

Learn a new kind of conversation that supports a person who has recently been at risk of suicide, towards recovery and growth.

RECOVERY



HOPE HEROES

3-6 hour Help-Seeking Skills Training For Students in Schools

An interactive, multi-faceted learning approach that transfer the help-seeking skills for students in schools.

HELP-SEEKING

WWW.A-OK.NZ