



Workshop Detail

Workshop Title	S.A.L.T (See, Ask, Listen, Tell/Take)
Workshop Focus	All levels of employees
Recommended Class Size	Min: 8 Max: 16
Workshop Duration	2 Hours
Target audience	All levels of staff
General Workshop Overview	S.A.L.T is a 2-hour presentation to increase suicide alertness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked. Participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.
Primary Workshop Objectives	<ul style="list-style-type: none"> • Increase the support available to staff within a workplace that may have been affected by suicide or having thoughts of suicide. • To provide the practical tools for participants to be able to be alert to, intervene and connect someone with thoughts of suicide to appropriate support

Primary Learning Outcomes	<ul style="list-style-type: none"> • Provide an insight into suicidal ideation. • Recognise that invitations to help are often overlooked. • Notice and respond to situations in which thoughts of suicide may be present. • Apply basic S.A.L.T steps (See, Ask, Listen, Tell/Take). • Connect the person with thoughts of suicide to appropriate support and further community resources.
Key Topic Areas	<ul style="list-style-type: none"> • Understanding what is suicide. • Skills to identify warning signs. • Understanding their role in intervention. • Know who to refer the person to for appropriate qualified help
Participant handout material	<ul style="list-style-type: none"> • S.A.L.T Booklet