



# Suicide Prevention Education for Workplace Settings

Developed by the American Foundation for Suicide Prevention (AFSP), **Talk Saves Lives™: Suicide Prevention Education for Workplace Settings** is a 60-minute education presentation for organizational leadership, managers/supervisors, and employees that can be delivered in-person or via webinar.

**Talk Saves Lives™** provides participants with the scope of the problem of suicide, key research findings, including risk factors and warning signs for suicide, along with recommendations for the role we can all play in suicide prevention.

Topics covered include:

- **Scope of the Problem:** The latest data on suicide in the U.S. and worldwide
- **Research:** Information from the latest suicide prevention research
- **Risk Factors and Warning Signs:** Information on health, historical, and environmental factors that put individuals at risk for suicide along with suicide warning signs
- **Prevention:** An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
- **What You Can Do:** Guidance on how to seek and offer support for yourself or others

