



# Talk Saves Lives online training

## An introduction to suicide prevention

Many of us have been touched by suicide in some way, shape or form. In fact, suicide is a leading cause of death.<sup>1</sup> Our Talk Saves Lives™ online tool is designed to help.

It starts with understanding suicide and knowing the warning signs. Then you can start the conversation. By asking, "Are you okay?" and harder questions, like "Are you thinking about killing yourself?" you may prevent a suicide.

Developed by the American Foundation for Suicide Prevention, Talk Saves Lives is a simple tool to use. You'll be guided through a lesson that covers:

- Facts about suicide
- Why people take their own lives
- Suicide risk factors and protective factors
- Suicide prevention information
- How you can recognize and respond to suicide concerns

[Start the Talk Saves Lives training](#)

<sup>1</sup>Suicide statistics. American Foundation for Suicide Prevention. Accessed June 2020

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