

## Self-Assessment Checklist

I live alone.

YES

NO

I see or talk to my family members one or more times per week.

NO

YES

I see or talk to my friends one or more times per week.

NO

YES

I provide daily care or support to a family member or friend who needs assistance with everyday tasks (such as preparing meals, providing transportation and grocery shopping).

YES

NO

I generally have a ride or the transportation that I need to get where I want to go.

NO

YES

It is difficult or impossible to leave my home without assistance.

YES

NO

I feel that I make a meaningful contribution to the world or people around me.

NO

YES



Connecting You to Community Services

## Self-Assessment Checklist (cont.)

On a weekly basis I participate in social activities with family/friends or attend organized group activities, such as church, cultural performances, group meals, exercise classes, support groups, etc.	NO	YES
I often feel that I lack companionship.	YES	NO
I often feel left out.	YES	NO
If I had a problem and needed help or advice, I know someone I could rely on.	NO	YES
If I had good news or an interesting story to tell, I know someone I could tell.	NO	YES
Within the past year I have suffered a major loss or change, like death of a loved one or retirement.	YES	NO

Total answers circled in left column:

### Scoring: 2

You are at risk for isolation, but by becoming aware of the risk factors, you can take steps to avoid becoming isolated.

### 3 or more

You may already be experiencing the negative consequences of isolation and would benefit from taking steps to reconnect and address the barriers that may be causing your isolation.



## safeTALK: suicide alertness for everyone

*safeTALK* is a half-day training 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 recognize when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help.

Suicide alert helpers contribute to a suicide-safer community.

## Goals and objectives

It is intended that safeTALK participants will be better prepared to:

- recognize that invitations to help are often overlooked
- move beyond common tendencies to miss, dismiss and avoid suicide
- notice and respond to situations in which thoughts of suicide may be present
- apply basic *TALK* steps (*Tell, Ask, Listen, and KeepSafe*)
- connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting persons at risk with further help.



## safeTALK training at a glance

**Focus:** Suicide alertness training

**PARTICIPANTS:** Anyone who might want to help, minimum age 15 years; 1 trainer and 1 community resource person per up to 30 participants

**PRE-REQUISITES:** None

**DURATION:** 3 to 3.5 hours

**LANGUAGES:** English and French

“An excellent first step in providing assistance to someone at risk.”

*safeTALK participant*

## safeTALK trainers

safeTALK is facilitated by a registered trainer who has completed the *safeTALK Training for Trainers (T4T)* course. Trainers use internationally standardized learning materials, tailoring examples and applications to local needs.

A listing of registered trainers can be found at [www.livingworks.net](http://www.livingworks.net) under *safeTALK Consumer Information*. Trainers must facilitate a minimum number of trainings per year and submit reports in order to remain on this list and receive ongoing support.



## safeTALK participants

Many things, personal and professional, stimulate interest in safeTALK. Improved suicide alertness may be applied in many settings—with family, friends, co-workers and in more formal helping relationships.

The fact that safeTALK is a half-day program that can be given to larger groups increases opportunities for improving suicide alertness on a community scale.

## Training attendance

Some organizations may choose to train a large number of people in safeTALK, while inviting key people, designated as suicide first aid resource persons, to attend *Applied Suicide Intervention Skills Training (ASIST)*. In our experience, some people who attend safeTALK want to learn more skills in suicide first aid and go on to also attend ASIST.

## Training process

The program is more presentation-oriented than ASIST. Trainers seek to facilitate participants' involvement, although the level of interaction and engagement will vary with the nature and size of the group.

### Key features

- Taught by one trainer, recommended group size up to 30 people.
- Powerful **videos** illustrate both non-alert and alert responses to persons with thoughts of suicide. Discussion, questions and practice stimulate learning. Basic steps that contribute to saving lives are provided.
- A **wallet card** helps recall the suicide alert steps when needed. The wallet card is also available as a **smart phone app**.

## safeTALK and ASIST

safeTALK is designed to complement ASIST. These programs share the same beliefs about suicide and preventing suicide. However, each has a specific role.

safeTALK is a brief program that shows how alertness to suicide risk can be followed by basic (TALK) steps that facilitate links with further suicide first aid help. The emphasis is on fulfilling this vital linking role with community resources rather than full engagement in a suicide first aid intervention. It will stimulate people to think and hopefully act differently when signs of potential suicide risk are present.

ASIST is a two-day interactive workshop which provides an opportunity to learn more about what is involved in suicide first aid intervention. Participants learn how to develop a collaborative helping relationship focused on suicide safety. Frameworks for understanding the needs of a person at risk are offered, along with a *Suicide Intervention Model* that features risk assessment and safeplans. Opportunities for practice to build confidence and skills are provided.

The roles of both the suicide alert and ASIST helpers are valued. ASIST caregivers complete the process that safeTALK helpers start. The more people who are suicide alert, the more the skills of those trained in suicide intervention will be used. ■





# Zone Tool

## Self-Management for Depression

### GREEN ZONE

#### GREEN ZONES: ALL CLEAR

Your Goals:

- Stable mood
- Sleeping well
- Healthy appetite
- Feeling hopeful
- Able to concentrate

#### GREEN ZONE ACTION STEPS:

- Having some fun
- Engage in activities you enjoy
- Your symptoms are under control
  - ✓ Continue taking your medications as ordered
  - ✓ Keep all physician appointments

### YELLOW ZONE

#### YELLOW ZONE: CAUTION means your symptoms are starting to Change

The following symptoms maybe early warning signs that your depression is worsening

- Sad mood most of the time
- Not eating/eating too much
- Trouble concentrating
- Not sleeping well/sleeping too much
- Not finding pleasure in normal activities
- Increase in feelings of irritability/anger
- Loss of energy to do chores/activities
- Not taking medications as prescribed
- Missing physician appointments

#### YELLOW ZONE ACTION STEPS:

- Call your physician if you are going into the YELLOW zone.

Your symptoms may indicate that you need an adjustment of your medications. Begin to use identified coping skills such as talking to a trusted friend or family member, gardening, needlework, watch a funny movie, etc...

**Physician Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

### RED ZONE

#### RED ZONES: MEDICAL ALERT

- Overwhelmed by feelings of sadness/despair
- Feeling hopeless and/or helpless
- Thoughts or feelings of killing or harming yourself
- Unable to leave the bed
- Not eating
- Not sleeping
- Stopped taking medications
- Missing physician appointment

#### RED ZONE MEANS:

This indicates that you need to be evaluated by a physician right away.

**Get help immediately if you are in the RED ZONE. Call your physician, go to the nearest emergency room or call the National Suicide Prevention Lifeline at 1800-273-8255 (TALK)**

## **Resources for Older Adults and Caregivers in Georgia**

<http://aging.dhs.georgia.gov/mental-health-resources>



### **Georgia Crisis and Access Line (GCAL)**

<http://www.georgiacollaborative.com/gcal.html>

1-800-715-4225 (Toll-Free)

Are you seeking help and information related to mental illnesses, drug/alcohol addiction, or developmental disabilities? Whether you need to get help in a crisis, access services, or find long-term support, GCAL is here for you, your family, friends, and clients.

GCAL, a service of the Georgia Department of Behavioral Health and Developmental Disabilities (DBHDD), is staffed by counselors who can connect callers with outpatient services, mobile crisis helps, detoxification services, stabilization, and more. GCAL is available to people of all ages 24/7, in all parts of Georgia.

GCAL dispatches 24/7 Mobile Crisis Services to 159 counties in Georgia. This service sends a mental health professional to the home to assess people with urgent psychiatric needs. You may call on behalf of another person who needs help. It is ideal for you to be physically present with that person at the time.

Some common reasons for calling Mobile Crisis include:

- Thoughts of suicide
- Threatening violence or harm towards others
- An altered mental status that can pose a danger to the individual or others
- GCAL can link to a variety of related services.



### **National Suicide Prevention Hotline**

<http://www.suicidepreventionlifeline.org>

1-800-273-TALK (8255)

If you or someone you know is in crisis and would like to talk to a crisis counselor, call the free and confidential National Suicide Prevention Lifeline. TTY users should call 1-800-799-4TTY (1-800-799-4889). You can speak to a counselor 24 hours a day, seven days a week. Call the Lifeline:

- To talk to someone who cares
- If you feel you might be in danger of hurting yourself
- If you're concerned about a family member or friend
- To find referrals to mental health treatments and services in your area

**Always call 911 if you are in an immediate medical crisis.**

 **National Alliance on Mental Illness- Georgia**  
<http://namiga.org> 770-234-0855

NAMI Georgia provides resources, support training, and advocacy to promote recovery and improve the quality of life for Georgians diagnosed with a mental illness and their families.

 **Substance Abuse and Mental Health Services Treatment Locator**  
800-662-4357

 **Georgia Cares** 1-866-552-4464

 **Veterans Crisis Line** 1-800-273-8255

 **Fuqua Center for Late-Life Depression**  
<http://fuquacenter.org> 404-712-6941

The Fuqua Center, an initiative of Emory University Department of Psychiatry and Behavioral Health Sciences, participates in a statewide network that offers outreach resources, and treatment.

 **Medicare and Your Mental Health Benefits**  
<http://www.medicare.gov/pubs/pdf/10184.pdf>

This official government booklet has information about mental health benefits for people with Original Medicare, including:

- Who is eligible
- Outpatient and inpatient benefits
- Prescription drug coverage
- Help for people with limited income and resources
- Where to get the help you need

 **Aging and Disability Resource Connection**  
<https://www.georgiaadrc.com> 1-866-552-4464

To speak to an information specialist about getting access to a variety of aging services to contact the Aging and Disability Resource Connection, a program of the Georgia DHS Division of Aging and Georgia's 12 Area Agencies on aging.

Metro Atlanta Area Agency on Aging / Empowerline  
[www.empowerline.org](http://www.empowerline.org) 404-463-3333



## Here for you in changing times.

“I don’t want to leave my home. How **can I get food** and medications?”

“I lost my job and my bills are stacking up. How **can I get help?**”

“**I’m worried** that my mom might be feeling socially isolated during this time.”

### *Free certified professionals and helpful online resources*

- Transportation needs
- Food and medication delivery
- Financial assistance
- Care for a loved one
- Housing
- And more

*Live Chat or Leave a Message*

**Call: (404) 463-3333**

**Visit: [empowerline.org](https://empowerline.org)**

*We serve*

**Metro Atlanta**

*The counties of Cherokee, Clayton, Cobb, DeKalb,  
Douglas, Fayette, Fulton, Gwinnett, Henry,  
and Rockdale, and the City of Atlanta*

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