

# Help keep communities safer from suicide



## Our Evidence

LivingWorks has more than 50 peer-reviewed journals underpinning our training programs.

With 40 years of evidence based research, LivingWorks ASIST is the world's gold standard suicide intervention skills training. Like all of LivingWorks' core programs, LivingWorks safeTALK and LivingWorks Start are also evidence-based, underpinned by the data and research gathered from four decades of LivingWorks ASIST.

Here's what a sample of peer-reviewed journal articles found:

### In education settings with young people:

Kinchin, I., Russell, A. M., Petrie, D., Mifsud, A., Manning, L., & Doran, C. M. (2020). Program evaluation and decision analytic modeling of universal suicide prevention training (safeTALK) in secondary schools. *Applied Health Economic and Health Policy*, 18, 311-324. <https://doi.org/10.1007/s40258-019-00505-3>

This Australian study looked at the delivery of safeTALK to secondary school students (aged 15-16 years) in Mackay, Queensland. This study found that in the last six months 61% of students considered another student's behaviour as suicidal, but only 21% reported asking them about this. Students who attended safeTALK gained suicide-related knowledge, confidence and willingness to intervene with someone with thoughts of individuals, and likelihood of engaging in help-seeking behaviour themselves.

Bailey, E., Spittal, M. J., Pirkis, J., Gould, M., & Robinson, J. (2017). Universal suicide prevention in young people. *Crisis*, 38 (5), 300-308. <https://doi.org/10.1027/0227-5910/a000465>

This study was conducted by researchers from Orygen, Australia's National Centre of Excellence in Youth Mental Health, in collaboration with the University of Melbourne and New York's Columbia University. It examined the impact of safeTALK training for high school students in Alice Springs, and found that it increased knowledge about suicide, confidence in talking about issues related to suicide, willingness to talk about suicide, and likelihood of both offering and seeking help. The study also found that safeTALK was safe for the school students and there was no evidence that the training induced suicidal thoughts or caused distress; in fact both appeared to decrease following the training. Most participants did not find the training upsetting; they reported the training to be worthwhile and most said that they would recommend it to a friend.

### In community:

Holmes, G., Clacy, A., Hermens, D. F., & Lagopoulos, J. (2021). Evaluating the longitudinal efficacy of safeTALK suicide prevention gatekeeper training in general community sample. *Suicide and Life-Threatening Behavior*, 51(5), 844-852. <https://doi.org/10.1111/sltb.12741>

This study looked at the provision of safeTALK to 266 community members. Scores for knowledge, preparedness, and efficacy were significantly higher (improved) six months after training, compared to pre-test. While participants showed even greater immediate effects, follow-up scores indicate that the positive effects of training were sustained over six months.

McKay, S., Byrne, S. J., Clarke, A., Lamblin, M., Veresova, M., & Robinson, J. (2022). Parent education for responding to and supporting youth with suicidal thoughts (PERSYST): An evaluation of an online gatekeeper training program with Australian parents. *International Journal of Environmental Research and Public Health*, 19(9), 5025. <https://doi.org/10.3390/ijerph19095025>

This study evaluated the Start training program for parents of young people in Australia. The participants showed increases in perceived self-efficacy and formal help-seeking intentions, reductions in suicide stigma, and increases in suicide literacy. Most parents found the training acceptable, and did not find it upsetting. Prior mental health, suicide-related experiences, and pre-participation vulnerability were not predictive of finding the training distressing. Overall, the findings show that online gatekeeper training for parents has many positive outcomes, and is rarely associated with distress.

To read more on our evidence base, please visit:  
[www.livingworks.com.au/research-and-evaluation](http://www.livingworks.com.au/research-and-evaluation)



LivingWorks acknowledges the traditional custodians of the lands on which we work and train. We pay our respects to Elders past, present and emerging and we extend respect and thanks to the Aboriginal and Torres Strait Islander communities who have contributed time and knowledge to the development of LivingWorks I-ASIST and safeYARN programs.