



safeTALK

suicide alertness for everyone

Helps all members of your community identify persons with thoughts of suicide and connect them to suicide first aid resources.

safeTALK

safeTALK, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the *TALK* steps (*Tell, Ask, Listen* and *KeepSafe*) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives

Location: _____

Time: _____

Cost: \$45/person