



# safeTALK



## **Suicide alertness for everyone**

SafeTALK is a four-hour training program that prepares helpers to identify persons with thoughts of suicide and connect them with to suicide first-aid resources. Most people with thoughts of suicide, either directly or indirectly, invite help to stay safe. Alert helpers know how to identify and work with these opportunities to help protect life. Powerful videos illustrate both non-alert and alert responses. Discussion and practice stimulate learning.

## **Who can attend?**

Anyone who might like to help become a gatekeeper in their community; minimum age is 15 years. This training is designed specifically for parents and their children 15 and older.

## **Learning Outcomes**

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.

## **The Role of safeTALK in a Suicide-Safer Community**

safeTALK compliments ASIST (Applied Suicide Intervention Skills Training), ensuring that persons with thoughts of suicide are identified and linked to ensuring that persons with thoughts of suicide are identified and linked to suicide intervention caregivers.

**The next safeTALK training will be for age 15-adults**

**You will need to attend all 4 hours to receive a certificate**

**August 9<sup>th</sup>, 2017 • 10 a.m.-12p.m. Lunch Break 1p.m. – 3 p.m.**

**St. Stephens School, 128 Mission Rd St. Stephens Rd.**

**Health Classroom – Room 105 – St. Stephens High School**

**Trainer: Glenda Mitchell - LivingWorks trainer**

**Registration: RSVP Glenda Mitchell at (307) 840-3009**

**BECOME SUICIDE ALERT!**



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