

Help someone when they need it most.

Suicide is preventable. Anyone can make a difference.

Attend the half-day safeTALK program and learn to:

- identify people who may have thoughts of suicide,
- ask them directly about the possibility of suicide, then
- connect them to live-saving resources.

safeTALK is open to anyone 15 or older, regardless of prior experience. Both professionals and members of the general public can benefit from safeTALK.

Why take safeTALK?

LIFE-SAVING: Anyone can experience thoughts of suicide. By connecting friends, family members, colleagues, and students with helping resources, safeTALK participants save lives in their communities.

SIMPLE YET EFFECTIVE: safeTALK uses the easy-to-follow TALK steps—Tell, Ask, Listen, and KeepSafe—and includes time to practice them so the knowledge is retained.

ENGAGING: safeTALK is a dynamic training that incorporates presentations and audiovisuals. It invites participants to become more alert to the possibility of suicide and how to prevent it.

TRUSTED: More than 50,000 people attend safeTALK each year, safeTALK is used in over 20 countries worldwide, and many communities, organizations, and agencies have made it a core training program.

PROVEN: Studies show that safeTALK participants feel more confident asking people about suicide, connecting them with life-saving resources, and keeping them safe until those resources can take over.^{1,2}

MONDAY, DECEMBER 19TH @ 8:00 - 1:00

PLEASE CALL TO RSVP AND RECEIVE LOCATION INFORMATION!

RSVP TO: CASSIE LOWE 209-644-5352 clowe@nochildabuse.org

Learn more at www.livingworks.net/safeTALK

McKay, K., Hagwood, J., Kavalidou, K., Kolves, K., O'Gorman, J. & De Leo, D. (2012). A Review of the Operation Life Suicide Awareness Workshops. Report to the Department of Veterans' Affairs, Australian Institute for Suicide Research and Prevention, Brisbane.

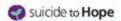












McLean, J., Woodhouse, A., Schinkel, M., Pynnonen, A., McBryde, L. (2007) Evaluation of the Scottish safeTALK Pilot. Scottish Development Centre for Mental Health, Edinburgh.