



**In Spanish Pilot Program is free but the cost of the book is \$27.00 per person. Participants will get an online license for Livingworks Start which is a 90-minute Suicide Prevention program at your own pace plus this program.**

**Requirements: Being fluent in the Spanish Language as the training is being presented in Spanish. The purpose of this pilot is to educate, network and train individual to work with population who speak Spanish to create a network of safety. Reaching out the Latino Community takes a different approach on mental health and this program addresses these barriers and provides resources. This is the newest version of Safetalk 3**

**When: Wednesday August 26, 2026, from 1:00 PM-5:00 PM**

**Where: Norfolk Public Library, 308 W. Prospect Ave Room A, Norfolk NE 68701**

**Registration: email to [msandoval@midtownhealthne.org](mailto:msandoval@midtownhealthne.org) by August 25, 2026**

**safeTALK** is a half-day alertness training that prepares anyone 15 or older, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide do not genuinely want to die but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. **safeTALK**-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

### **Learning goals and objectives**

Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present.
  - Recognize that invitations for help are often overlooked.
- Move beyond the common tendency to miss, dismiss, and avoid suicide.
  - Apply the TALK steps: Tell, Ask, Listen, and Keep Safe
- Know community resources and how to connect someone with thoughts of suicide to them for further help.

Most people with thoughts of suicide do not want to die; they are looking for a way to move through the pain in their lives. Through their words and actions, they often invite others to help them choose life. **safeTALK** teaches participants to recognize these invitations, engage with someone who may be thinking about suicide, and connect them with resources that can help keep them safer. These resources may include health care professionals, first responders, crisis line workers, and others trained in suicide intervention.