



# safeTALK

## FREE SUICIDE ALERTNESS TRAINING

There is hope,  
there is help!

Suicide is a public health issue and is preventable!

Learn how to talk about it!

Learn how to help create a suicide safer community!



**DATE/TIME:** January 26, 2016 | Dinner 5:00-5:30pm  
Training 5:30-8:30pm. Dinner provided by the Rotary of Castle Pines. Please arrive a few minutes early to complete registration process.

**LOCATION:** MAC (Miller Activity Complex) - 1375 West Plum Creek Parkway, Castle Rock, CO 80109

**REGISTRATION:** Email **Phyllis Harvey** [pharvey@dcsheriff.net](mailto:pharvey@dcsheriff.net)  
Questions please feel free to call: 303-814-7033  
**Limited space available in each training!**

**Who should attend: Anyone over the age of 15!**

**safeTALK is not designed for those that have experienced a recent suicide loss.**

**If you are grieving the recent loss of a loved one to suicide, we recommend you join a support group or visit <http://www.afsp.org/coping-with-suicide> to find useful information related to coping with suicide loss.**

safeTALK, about three hours in duration, 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, and 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.



[www.livingworks.net](http://www.livingworks.net)

<http://www.dasuicideprevention.org/>