



safeTALK

FREE SUICIDE AWARENESS 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: Dec 2, 2016—1:00pm—4:30pm

Please arrive a few minutes early to complete registration process.

LOCATION: Douglas County Sheriff's Office Highlands Ranch Substation
9250 Zotos Drive, Highlands Ranch, CO 80129

REGISTRATION: Email Phyllis Harvey at pharvey@dcsheriff.net
Limited space available in each workshop!

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.

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.

Resources:

<http://www.dasuicideprevention.org/>
Colorado Crisis/Support Line 844-493-8255

