



# safeTALK

**Suicide is preventable; anyone can make a difference.**

## What is safeTALK?

- 3-hour training in suicide alertness skills
- Learn 4 basic steps to help prevent suicide
- Widely used by professionals and the general public

## Who can attend?

- Public service providers, educators, family members, faith community, students, and the general public
- People age 15 and above
- Groups of 10 - 30 individuals

## What is the goal?

- Notice, respond, and recognize situations in which suicidal thoughts may be present
- Move beyond the myths and stigmas that keep us silent
- Learn how to connect to community resources and keep the person *safe for now*
- CEUs available



Our next training:

**Wednesday, February 1st, 2023**

**1:45 pm - 5:15 pm**

Delicious refreshments will be provided

Location: Behavioral Health Services  
40 Diamond Valley Road  
Markleeville, CA 96120

**Please call 775-783-1510**

or email [Ewa@spnawareness.org](mailto:Ewa@spnawareness.org) to reserve a spot.

This training is offered at **no charge**