

safeTALK: Suicide Alertness for Everyone

safeTALK is a FREE three-hour training in suicide alertness. It helps participants recognize a person with thoughts of suicide and connect them to suicide first aid resources. Participants don't need any formal preparation to attend the training. Anyone age 15 or older who wants to make a difference can learn the safeTALK steps.

How safeTALK works:

Most people with thoughts of suicide don't want to die - instead, they are looking for a way to work through the pain in their lives. Through their words and actions, they usually invite others to help them in making a choice for life. safeTALK teaches participants to recognize these invitations, engage with the person with thoughts of suicide, and connect them with resources to help them be safer from suicide. These resources could include health care professionals, first responders, or crisis line workers - among other who have suicide intervention training.

Why is safeTALK important?

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, intervention caregivers.
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UPCOMING TRAINING ANNOUNCED:

Saturday, December 15, 2018

9:00am - 12:00pm

Southern Tier Health Care System
150 North Union Street
Olean, NY 14760

Co-Sponsored by:
Ardent Solutions, Inc.
Southern Tier Health Care System, Inc.



Pre-Registration Required By: Tuesday, December 11, 2018

Register online at www.sthcs.org/stems

Don't Wait, Space is Limited!