



safeTALK

COURSE DESCRIPTION

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly 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.

WORKSHOP FEATURES

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audiovisual learning aids
- Simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

LEARNING OBJECTIVES

safeTALK greatly expands the reach and impact of intervention resources in a community or organization. Participants will be able to:

- Challenge attitudes that inhibit open talk about suicide
- Recognize a person who might be having thoughts of suicide
- Engage persons with thoughts of suicide in direct and open talk about suicide
- Listen to the person's feelings about suicide and show that they are taken seriously
- Move quickly to connect them with someone trained in suicide first aid intervention.

With safeTALK's suicide alertness skills, people at risk are more likely to get life-saving help when they need it the most.

Date: **Thursday, August 6, 2015**

When: **11:30 AM to 3:30 PM**

Location: **Hospitality House
1262 Sutton Way
Grass Valley, CA 95945**

INSTRUCTORS

Kim Honeywell & Kathleen Snyder

RECOMMENDED PARTICIPANTS

Anyone age 15 and older- requires no formal training or prior experience in suicide prevention. Because it only takes half a day to learn, safeTALK is an excellent tool for people who want to become alert to the dangers of suicide in a convenient timeframe. Although formal caregivers such as social workers and counselors employ safeTALK skills, the program is also used by students, teachers, community volunteers, first responders, military personnel, police, public and private employees and many others. By providing a universal mode with adaptable components, safeTALK offers useful skills to every audience.



PLEASE REGISTER with Kim Honeywell

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or Phone **(530) 265-1731**

Nevada County Behavioral Health



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