



# safeTALK

*suicide alertness for everyone*



Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

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**This three-hour training  
can help you make a difference**

## What is safeTALK?

safeTALK teaches members of the community to recognize people with thoughts of suicide and to connect them to suicide first aid resources. This half-day workshop offers a carefully crafted set of helping steps and the use of creative educational processes to make it possible for attendees to leave safeTALK willing and able to be suicide alert helpers.

**In only a few hours, attendees will learn how to:**

- provide practical help to people with thoughts of suicide
- be a suicide alert helper
- be aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided
- activate a suicide alert using the TALK steps (*Tell, Ask, Listen and KeepSafe*)
- connect people with thoughts of suicide to people trained in suicide intervention

## Who should come to safeTALK?

safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth\*, teachers, law enforcement...anyone who want to help with suicide prevention.

\*safeTALK is for anyone age 15 and older.  
Younger persons may attend with the consent of parent or guardian.

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### When:

Tuesday, April 27th 2010  
1:00pm - 4:00pm  
Check in 12:30pm  
(workshop starts promptly at 1pm)

### Where:

Grays Harbor Health Department  
1st Floor Large Meeting Room  
2109 Sumner Ave.  
Aberdeen, WA 98520

### Directions

### More Info:

For additional information, please contact: Sue Eastgard at: [suee@yspp.org](mailto:suee@yspp.org) or (206)297-5922 ext 1

### Facilitator:

Sue Eastgard  
YSPP Executive Director

### Sponsor:

Grays Harbor Regional Support Network (GHRSN)

### Clock Hours:

3 clock hours *pending* by ESD 189 &  
3 CEUs by NASW - provider #1975-139

### Registration:

[Register Online](#)

### Cost:

**FREE** - typically \$30 per person  
the cost of this training is being underwritten by GHRSN.

### Deadline:

Monday, April 19th 2010 - Space is limited; register soon to reserve your spot.