

 **safeTALK: Suicide Alertness for Everyone**

Friday

October 14, 2016

1:00 PM – 4:00 PM

Jefferson Community College – Collaborative Learning Center (CLC) - Room 15-129

1220 Coffeen St

Watertown, NY 13601

safeTALK prepares you to be a suicide alert helper. In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. You will develop *helping* skills and feel more comfortable assisting persons with thoughts of suicide to connect with professionals and stay safe.

Expect to be challenged...expect to have feelings...expect to be hopeful. See powerful reminders of why it is important to be suicide alert. Ask questions and enter discussions. Learn clear and practical information. Practice the *TALK* steps – *Tell, Ask, Listen, Keep Safe*. Conclude with practice in activating a suicide alert.

Most persons with thoughts of suicide go unrecognized—even though they are, directly or indirectly, requesting help. Without suicide prevention knowledge and skills, these invitations often go unaccepted, or even unnoticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they want. **Suicide alert helpers are part of a suicide-safer community.** Trainers are certified by Living Works, Inc. as accomplished practitioners in suicide prevention and intervention. To learn more visit www.livingworks.net.

REGISTRATION DEADLINE IS October 7, 2016

Please RSVP to Melody Brenon (315) 786-2376 or mbrenon@sunyjefferson.edu

Name: _____

Title: _____ Organization: _____

Address: _____

Phone: _____ Email: _____

The class is limited to 30 participants and fills quickly! Early registration is encouraged