



safeTALK

FREE SUICIDE AWARENESS TRAINING

There is hope,
there is help!

Suicide is a
public health
issue and is
preventable!

Learn how to
talk about it!

Learn how to
help create a
suicide safer
community!



Douglas/Arapahoe
**SUICIDE
PREVENTION
ALLIANCE**

DATE/TIME: March 29, 2016 | Dinner 5:00-5:30pm
Training 5:30-8:30pm. Dinner provided by the Rotary
of Castle Pines. Please arrive a few minutes early to complete
registration process.

LOCATION:

Douglas County Sheriff's Office — Highlands Ranch Substation
9250 Zotos Drive, Highlands Ranch, CO 80129

REGISTRATION: Email Phyllis Harvey pharvey@dcsheriff.net
Questions please feel free to call: 303-814-7033

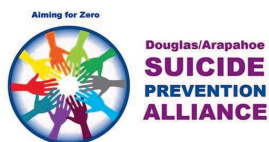
Limited space available in each workshop!

Who should attend: Anyone over the age of 15!

**safeTALK is not designed for those that have
experienced a recent suicide loss.**

**If you are grieving the recent loss of a loved one to suicide, we recommend you
join a support group or visit <http://www.afsp.org/coping-with-suicide>
to find useful information related to coping with suicide loss.**

More resources at <http://www.dcsheriff.net/yess/suicide-prevention>



safeTALK, about three hours in duration, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. 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, and intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Resources:

<http://www.dcsheriff.net/yess/suicide-prevention/>
<http://www.dasuicideprevention.org/>

