



safeTALK

Suicide is preventable; anyone can make a difference.

What is safeTALK?

- 3-hour training in suicide alertness skills
- Learn 4 basic steps to help prevent suicide
- Widely used by professionals and the general public

Who can attend?

- Public service providers, educators, family members, faith community, students, and the general public
- People who are age 15 and above
- Groups of 10-15 individuals

What is the goal?

- Recognize and respond to situations in which suicidal thoughts may be present
- Move beyond the myths and stigmas that keep us silent
- Learn how to connect to community resources and keep the person *safe for now*
- CEUs available

Our next training:

Friday, October 25th, 2024
1 - 4:30 pm

Hung-A-Lel-Ti Wellness Center (Firehouse)
96A Washo Blvd,
Markleeville, CA 96120

Please call 775-783-1510
or email Ewa@sponawareness.org to reserve a spot