

*Presented by Stanley C. Mantooth, Ventura County Superintendent of Schools
Coordinated by Dawn Anderson, VCOE Comprehensive Health and Prevention Programs*



BECOME SUICIDE-ALERT



safeTALK
suicide alertness for everyone

**VCOE Conference Center
5100 Adolfo Rd. Camarillo, CA
Oxnard Room**

**Thursday, December 6, 2018
2:00 – 5:00 p.m.
Free**

Only 30 seats Available. PLEASE REGISTER ASAP.

***Learn four basic steps to recognize persons with thoughts of suicide and connect them with help.
safeTALK is an internationally recognized training from LivingWorks Education.***

Suicide is the 2nd leading cause of death for 10-34 year olds (2014 CDC). In 2013, there were 41,149 suicides in the U.S. – a rate of 12.6 per 100,000 which is equal to 113 suicides each day or one every 13 minutes (2015 Centers for Disease Control & Prevention).

Suicide is the 3rd leading cause of death among youth between the ages of 10 and 24 and accounts for 4,600 lives lost every year (Centers for Disease Control & Prevention). Most people with thoughts of suicide invite help but often these opportunities are missed, dismissed or avoided – leaving people feeling more alone and at greater risk.

safeTALK (suicide alertness for everyone, Talk, Ask, Listen and KeepSafe) is a 3 hour, no cost training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first-aid resources.

- Appropriate for ages 15 and up - Parent permission required for student participants (contact office for release form)
- Participants will leave with skills and resources

REGISTER ONLINE AT: <http://vcoe.k12oms.org/1616-151742>

Please contact Kris Trotsky at ktrotsky@vcoe.org or call (805) 437-1372 if you have any questions.

"Commitment to Quality Education for All"

Made possible through the Mental Health Services Act and Ventura County Behavioral Health.

