

Suicide is the second leading cause of death among youth between the ages of 10 and 24. In 2014, there were 42,826 suicides in the United States. ([Centers for Disease Control and Prevention](#)). Suicide is a difficult topic to discuss openly and far too often the warning signs are ignored, dismissed or avoided, hindering the capacity to connect someone with thoughts of suicide to help.



suicideTALK 90-minute session

Dealing openly with the stigma around suicide. Imagine... a suicide-safer community

Ranging from 90 minutes to a half a day, suicideTALK invites all participants—regardless of prior training or experience—to become more aware of suicide prevention opportunities in their community. Dealing openly with the stigma around suicide, this exploration focuses upon the question "Should we talk about suicide?" By looking at this question in a number of different ways, session members can discover some of the beliefs and ideas about suicide in their communities—and in themselves. suicideTALK participants learn...

- How suicide is a serious community health problem that is often misunderstood
- How personal and community beliefs about suicide affect suicide stigma and safety
- How the steps taught in LivingWorks' safeTALK program can be used to help prevent suicide
- How to get involved in life protection, preservation, and promotion activities in the community

Imagine... a suicide-safer community

More information about [suicideTALK & esuicideTALK](#).

To schedule a free suicideTALK training for ANY/ALL school staff, parents or students, contact Kris Trotsky at 805-437-1370 or ktrotsky@vcoe.org.

suicideTALK is a product of LivingWorks, an internationally recognized suicide prevention and intervention training company. See more at [LivingWorks suicideTALK Programs](#).