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). 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 permission form)
- Participants will leave with skills and resources

REGISTER ONLINE AT: http://vcoe.k12oms.org/1616-171628

Please call (805) 437-1370 if you have any questions or if you would like to set up a 3-hr training for a minimum of 15 people at your location.
Made possible through the Mental Health Services Act and Ventura County Behavioral Health.