

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.

safeTALK Suicide Alertness Training



Be alert to thoughts of suicide in another person. Learn the four steps to keeping someone with thoughts of suicide safe and connecting them to help by attending a safeTALK training. VCOE Comprehensive Health and Prevention Programs offers a three-hour, free suicide alertness training to schools and community members, called safeTALK. This training prepares anyone age 15 years or older to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Powerful video clips, including two that were produced in Ventura County with Ventura County students, illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

To schedule a free safeTALK training for ANY/ALL school staff, parents or students (15 years and older), contact Kris Trotsky at 805-437-1370 or ktrotsky@vcoe.org.

- [Upcoming safeTALK Trainings](#)
- [2017-18 safeTALK Flyer](#) - for more information about holding a safeTALK training at your location. 1/17
- [Suicide Prevention/safeTALK Brochure](#) - 9/16
- [VCOE Parent Permission Form](#) - 1/17

safeTALK is made possible through funding from Ventura County Behavioral Health, Mental Health Services Act, Prevention and Early Intervention.

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