

Presented by Stanley C. Mantoath, 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

Wednesday, October 9, 2019  
2:00 – 5:00 pm  
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 2<sup>nd</sup> 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/1616-171624>**



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.*