



safeTALK

suicide alertness for everyone
Tell, Ask, Listen, KeepSafe

For more information about
suicide awareness and
prevention,
visit

<http://www.vcoe.org/health>



To schedule a
safeTALK training,
contact Comprehensive
Health and Prevention
Programs

chpp@vcoe.org
or call 805-437-1370

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 among 10-34 year olds (2015 CDC). In 2014, there were 42,826 suicides in the U.S. – a rate of 13.4 per 100,000 which is equal to 121 suicides each day or one every 12 minutes (2017 Centers for Disease Control & Prevention).

Most people with thoughts of suicide invite help but often these opportunities are missed, dismissed or avoided – leaving people more alone and at greater risk of suicide. **safeTALK (suicide alertness for everyone, Tell, 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.**

Since its development in 2006, safeTALK has been used in more than 20 countries around the world. More than 200 video vignettes have been produced, including two here in Ventura County with local students. These video clips illustrate both alert and non-alert responses. safeTALK trained alert helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

- A single 3-hour training for 15-40 participants
- No charge
- safeTALK trainers will come out to any Ventura County school or community organization to train any/all school staff, families, community members or students
- Appropriate for ages 15 and above - *Parental permission is required for participants ages 15 through 17*
- Participants will leave with skills, resources, and a free kit

