

# Become Suicide - Alert

Free  
Workshop!



## safeTALK

*suicide alertness for everyone*

**Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.**

**This three-hour training can help you make a difference.**

### **Why come to safeTALK?**

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided – leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

### **Who should attend safeTALK?**

safeTALK is for everyone who wants to help prevent suicide; front line workers, clergy, volunteers, parents, youth,\* teachers, law enforcement, ... anyone who wants to help prevent suicide.

### **How can I get safeTALK training?**

Register for this safeTALK training by letting us know [richmondwalk2016@gmail.com](mailto:richmondwalk2016@gmail.com).

This training fee is usually \$75 a person but is provided FREE courtesy of the AFSP-Virginia Chapter.

\*safeTALK is for anyone age 15 and older.

**December 10, 2016**

**1 to 4 pm**

**Register at**

**<https://bethevoice.wufoo.com/forms/Afsp-Virginia-chapter-safetalk/>**

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***Training sponsored by the American Foundation for Suicide Prevention, Virginia Chapter.***