



More common than you think.  
More preventable than you know.

Chemung County  
Department of Mental Hygiene  
Presents:



# safeTALK

**When:** \_\_\_\_\_  
(Choose date as noted at [www.walkamile.net](http://www.walkamile.net) )

**Where:** As noted on website

**Time:** As noted on website

**Registration:** There is no charge for this training, **registration required** (see below).  
Space is limited to 25 participants.

### Overview

**SafeTALK** is a two-and-a-half to three-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

### The Role of SafeTALK in a Suicide Safer Community

**SafeTALK** was designed to teach skills that complement caregivers with suicide intervention skills like those learned in ASIST, LivingWorks' two-day workshop. SafeTALK-trained helpers make early recognition and referral possible on a far larger scale than any community can afford to do through suicide intervention skills training alone. When there are enough SafeTALK-trained persons available, suicide intervention caregivers will be used more often.



### Registration Form

Please register by returning this form to Brian Hart  
at 737-5501 or by fax 737-5500, or by email [bhart@co.chemung.ny.us](mailto:bhart@co.chemung.ny.us)

Name: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_

EMAIL: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Special requirements: \_\_\_\_\_

