



# safeTALK

**Make a connection. Help save a life.**

**Suicide is preventable. Anyone can make a difference.** Join us for a free, half-day safeTALK training to learn suicide alertness skills. Participants will learn four basic steps to create a life-saving connection. Widely used by professionals and the general public alike, the training is open to anyone 15 years and up.

Studies show safeTALK participants gain confidence:

- Asking people about suicide directly.
- Connecting them to life-saving resources.
- Keeping them safe until those resources take over.

As a safeTALK-trained suicide alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide risk.
- Identify people who may have thoughts of suicide.
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) and connect a person with suicidal thoughts to help.

**Wednesday, May 27, 12:30 - 4:30 p.m. OR**

**Friday, July 10, 9:00 a.m. - 1:00 p.m.**

Jewish Family Service 1601 16th Avenue, Seattle

**Cost:** Free

Register with Shaida Hossein at [mentalhealthmatters@jfsseattle.org](mailto:mentalhealthmatters@jfsseattle.org) by providing your first and last name, phone number and email address.

*safeTALK meets WA DOH suicide prevention training requirements for some health care and school professionals.*

