



UMATTER
Friendship Circle

safeTALK TRAINING WORKSHOP

- Acquire the skills you need to identify and help a friend in need
- Get trained in suicide alertness skills
- Learn basic TALK Steps – Tell. Ask. Listen. Keep safe.
- Become a U Matter Ambassador

safeTALK training workshop empowers participants to recognize signs of people struggling with thoughts of suicide or other mental-health challenges.

safeTALK 4-hour training will give participants the tools to connect to people in crises and be a vital link by connecting them with life-saving intervention resources.

RECEIVE SAFETALK CERTIFICATION UPON COMPLETION

REGISTER AT
www.fcnj.com/safetalk

For Ages 15+ • Space is limited

**YOU
CAN MAKE A
DIFFERENCE AND
SAVE A LIFE**

Sunday, Oct 17
4:00–7:30PM

LifeTown
10 Microlab Road
Livingston



CHABAD OF NEW JERSEY
Mental Health
Initiative

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