



Gayle Garbolino-Mojica
County Superintendent of Schools

WWW.PLACERCOE.ORG



SafeTALK is a suicide alertness workshop that prepares you regardless of prior experience or training, to become a suicide-alert helper.

Date: August 1, 2023

Time: 8:30 AM - 12 PM

**Location: PCOE, Seavey Center
655 Menlo Drive, Rocklin, CA 95765**

Registration Information:

<https://tinyurl.com/3sv5an85>

\$10

no refunds for no-shows or within
14 days of cancellation

SafeTALK

Learn how you can help someone struggling with suicidal thoughts.

WHAT YOU WILL LEARN

- Recognize indicators of suicidal thoughts and feelings.
- Learn how to connect individuals with life-saving intervention resources.
- Practice skills in identifying and responding to people at immediate risk of suicide.
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe.

WHO SHOULD ATTEND

This course is for anyone 15 years and older who wants to learn suicide alertness skills.

CONTACTS:

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