

# SafeTALK

*Learn how you can help someone struggling with suicidal thoughts*



Date: Sept. 4, 2024

Time: 9:00 AM – 1:00 PM

Location: PCOE Burns Room  
360 Nevada Street  
Auburn, CA

Cost: \$10\*

Register here:

<https://tinyurl.com/STSept24>

\*no refunds for no-shows or within

14 days of cancellation

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

**PCOE**  
GOLD IN EDUCATION

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

## 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

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WELLNESS • RECOVERY • RESILIENCE



*PCOE is committed to the full inclusion of all individuals and remaining compliant with the American with Disabilities and Fair Employment and Housing Acts. As part of this commitment, PCOE will work to ensure that persons with disabilities are provided reasonable accommodations. Persons with disabilities who wish to request reasonable accommodations or who have questions about access, please contact Jessica LeFohn, Prevention Supports and Services, [jlefohn@placercoe.org](mailto:jlefohn@placercoe.org) or 530.745.1467.*