

SafeTALK

Learn how you can help someone struggling with suicidal thoughts



Date: April 24, 2025
Time: 12:30 – 4:30 PM

Location: **PCOE New HQ!**
1400 W Stanford Ranch
Rocklin, CA

Cost: \$10*

Register here:
<https://tinyurl.com/STApril25>

*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

CONTACT Jessica LeFohn: jlefohn@placercoe.org



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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 or 530.745.1467.