

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

This 3 ½ hour training can help you make a difference.

Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

Who should attend safeTALK?

safeTALK is for everyone who wants to help prevent suicide: front line workers, older citizens, clergy, volunteers, parents, youth,* teachers, law enforcement, ...anyone who wants to help prevent suicide.

How can I get safeTALK training?

To register for a safeTALK training in your area, or to find out how you can bring safeTALK to your workplace or community, contact your local safeTALK trainer. Your local trainers are John & Shirley Swanson, contacted through email at assist.lifeguard@yahoo.com or via text at 360-271-2436.

safeTALK is brief, affordable and internationally recognized.

*safeTALK is for anyone age 15 and older.

WHEN: Saturday, January 18, 2025

WHERE: Freeborn Lutheran Church (2416 – 300th St NW, Stanwood)

TIMES: 9:00-12:30

\$10 donation to cover the cost for training materials;

It would help us if you would please pre-register by emailing

ASIST.Lifeguard@yahoo.com or text (360) 271-2436 Space is limited to 40 participants per session.

LivingWorks

SNI 792 0 08/2009 LivingWorks Education www.livingworks.net

"The Stanwood-Camano School District has neither reviewed nor approved the program, personnel, activities or organizations announced in this flier, and undertakes no responsibility to supervise these events. This information is provided as a community service at the request of the event sponsor and organizer. This is not a district sponsored or endorsed event."