

BECOME SUICIDE-ALERT

safeTALK

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 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, or 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 ASIST.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 Street NW, Stanwood, WA 98292)

TIMES: 9:00-12:30

COST: \$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.