



BECOME SUICIDE ALERT

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources. This four-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 more 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, clergy, volunteers, parents, youth (age 15 and older), teachers, law enforcement, ... anyone who wants to help prevent suicide.

What can I expect at a safeTALK training?

safeTALK is a powerful experience. You can expect to feel challenged, empowered, and hopeful. You will learn the importance of suicide alertness and help you identify ways people invite help when they're at risk. safeTALK's steps provide a simple yet effective method to engage with people at risk and connect them with resources that can carry out a full-scale intervention.

Where can I find more information?

Please contact Dr. Aviele Koffler (610) 755-9342 | akoffler@mciu.org



safeTALK

suicide alertness for everyone

