

## What happens at safeTALK training?

Expect to be challenged. Expect to have feelings. Expect to be hopeful. See powerful reminders of why it is important to be suicide alert. See how to activate an alert. Ask questions and enter discussions. Learn clear and practical information on what to do. Practice TALK steps. Conclude with Practice in activating a suicide alert.

## Why is safeTALK for everyone?

Most persons with thoughts of suicide go unrecognized—even though most all are, directly or indirectly, requesting help. Without safeTALK training, these invitations to help are too rarely accepted, or even noticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they want.



### Contact:

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## Suicide Alertness For Everyone

Learn how to provide practical help to persons with thoughts of suicide.

**2009 Training Dates:**  
July 10, 2009  
September 11, 2009  
November 6, 2009

1:30-4:30 p.m. at  
Community Partnership of  
Southern Arizona  
Training Center, 2502 N.  
Dodge Blvd., STE # 130  
Tucson, AZ 85716.



## Why should I come to safeTalk?

In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave *safeTalk* more willing and able to perform an important helping role for persons with thoughts of suicide.

## How does safeTalk help prevent suicide?

*SafeTalk* prepares you to be a suicide alert helper. You are aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided. You want persons with thoughts to invite your help. You know the *TALK* steps (*Tell, Ask, Listen* and *KeepSafe*) and can activate a suicide alert. As part of the *KeepSafe* step, you connect persons with thoughts to persons trained in suicide intervention. Helpers trained in suicide intervention complete the helping process or connect the person with more specialized help.

## Why use safeTalk to learn to become alert?

A carefully crafted set of helping steps and the use of creative educational processes make it possible for you and up to 30 others in your community to leave *safeTALK* willing and able to be suicide alert helpers. *safeTALK* is the result of some twenty years of work at learning how to develop useful suicide prevention abilities in a short program.

Participants are encouraged to develop trust, acceptance, and mutual support.



### All Trainings Held At:

CPSA  
Plaza Arboleda Training Center  
2502 N. Dodge Blvd.  
Tucson, Arizona 85716

Cost: \$25.00 per person  
Fee includes registration, and materials.

Payment is required before or by the training date

• • Questions??? Call (520) 618-8838

### Registration Form

Registration Fee: \$25

Make check payable to "CPSA".

Mail check to : CPSA Attn: Prevention Team, 535 N. Wilmot, Ste. 201, Tucson, AZ 85711

Name: \_\_\_\_\_

Agency: \_\_\_\_\_ Training Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ email: \_\_\_\_\_

For further information call: (520) 618-8838 or

Visit our website at [www.cpsa-rbha.org](http://www.cpsa-rbha.org)