

The Essex County Suicide Prevention Coalition is sponsoring Free Suicide Awareness Training



Two Classes Available

Wednesday, September 16, 2015

8:30 am – 9:00 am Check In
9:00 am – 12:30 pm Class

Wednesday, September 23, 2015

12:30 pm – 1:00 pm Check In
1:00 pm – 4:30 pm Class

**Hosted by Mental Health Association of Essex County, Inc.
Piper Conference Room
6096 NYS Route 9N, Westport, NY 12993**

safeTALK is a 3.5 hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Most people with thoughts of suicide invite help to stay safe. Suicide-alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide-alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps – Tell, Ask, Listen, and KeepSafe – to connect a person with thoughts of suicide to suicide first aid intervention caregivers.

This is a free training but pre-registration is required. Please respond by September 10, 2015 and confirm approval with your manager or department. Space is limited to 20 participants per class. To register, contact: Shelby at (518) 962-2077 or Shelby@mhainessex.org

