

HELP SOMEONE WHEN THEY NEED IT MOST.



Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives.

safeTALK is a three hour workshop that teaches how to identify people at risk of suicide and connect them with intervention resources. safeTALK's proven, easy-to-know steps are used around the world.

Over the course of the workshop, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

You don't need any prior training to attend safeTALK---just a willingness to make a difference.

Bellport High School will be offering two free safeTALK workshops for parents/guardians and high school students.

When: Tuesday, May 1, 2018 | 2:00pm-5:00pm
 Thursday, May 3, 2018 | 5:00pm -8:00pm

Where: Bellport High School Library

To inquire or register, please email BHSsafeTALK@gmail.com