

Wednesday,
February 9
2-5 PM

1310-11 Perry Library

safeTALK

Suicide Alertness Training for Everyone

How Do I Register?

Only 30 spots are available for this training.
Register

https://odu.co1.qualtrics.com/jfe/form/SV_d4rvj8fqr6vlsXk

Program offered **FREE** by
The Sarah Michelle Peterson Foundation
in coordination with
The Office of Educational Accessibility
Counseling Services
Health Promotion

If you require accommodations to
participate
in this event or have questions, please contact:

Susan Nixon
Coordinator of Learning & Programming
Office of Educational Accessibility
scnixon@odu.edu
757-683-4655

ABOUT safeTALK:

SafeTALK, a program developed by Living Works, is a three-hour suicide alertness training presented by The Sarah Michelle Peterson Foundation. This training 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. Alert helpers know how to use these opportunities to support those in need.

Expect to be challenged- expect to have feelings-expect to be hopeful. Most persons with thoughts of suicide go unrecognized, even though they are, directly or indirectly requesting help. Without suicide prevention knowledge and skills, these invitations often go unaccepted or even unnoticed. With more suicide alert helpers, more people with thoughts of suicide will get connected to the intervention help they want. Suicide alert helpers are part of a suicide-safer community. Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

Who Should Attend?

Everyone can be trained to be a safeTALK Alert Helper. This training is open to faculty, staff, and students.

Practice the TALKsteps
– Tell, Ask, Listen and Keep Safe.

