

Wednesday,  
**September 15**  
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 ASAP.

<https://www.surveymonkey.com/r/LZDNH9X>

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  
[snixon@odu.edu](mailto:snixon@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 TALK steps  
– Tell, Ask, Listen and Keep Safe.

