SafeTALK

Become a suicide alert helper. Attend this 3 hour training to learn the SafeTALK steps. Safe Tell, Ask, Listen and KeepSafe (SafeTALK)

This informative 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 that desire for safety. As a SafeTALK-trained suicide alert helper, you will be able to:

- move beyond common tendencies to miss, dismiss, or avoid suicide,
- identify people who have thoughts of suicide, and
- apply the TALK steps to connect people with suicidal thoughts to suicide first aid and intervention caregivers.

Powerful video clips illustrate both non-alert and alert responses. Discussion and practice help stimulate learning. Learn the steps that contribute to saving lives.

Training Facilitators: Lynn Keyes and Katie MacVeigh, NYS Dept. of Health/HRI/OMIG EAP Coordinators

To Register Contact:
Brenda Seckerson, EAP Coordinator
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CALL 442-5483 OR REGISTER ONLINE

http://www.albany.edu/eap/event_sign-up.htm

EAP-sponsored events and services are open to UAlbany & Research Foundation faculty, staff, family members, UAS employees, retirees, and GSEU members.