You Cordially Invited to

safeTalk

Suicide Prevention Training

- Recognize the warning signs of suicide
- Identify preventive resources and how to access them
- Apply the TALK
 (<u>T</u>ell, <u>A</u>sk, <u>L</u>isten, <u>K</u>eep Safe)
 - Learn what effective **safeTALK** is and is not
 - Prepare "front line" community leaders with valuable information

- Learn effective ways to <u>connect well</u> and build rapport
- Receive <u>valuable</u> information
- Practice and enhance
 <u>active listening skills</u>
- Practice and enhance skills <u>making effective referrals</u> to appropriate professionals

Wednesday, September 10, 2014 Registration: 8:30 am, Training: 9:00 am – 12:00 pm MHA of Rockland County 140 Route 303, Valley Cottage, NY 10989 To register call 845-267-2172, x296



Mental Health Association of Rockland County Connecting people. Educating families. Rebuilding lives.