

**St. Tammany Outreach for the Prevention of Suicide  
(STOPS)  
Is Proud to Sponsor**

***safeTALK* for 2009  
Suicide Alertness for Everyone**

**What is *safeTALK*?**

*safeTALK* is a new LivingWorks suicide alertness program that teaches community members to recognize persons with thoughts of suicide and to connect them to suicide intervention resources.

**How does *safeTALK* help prevent suicide?**

*safeTALK* prepares community members of all kinds to be suicide alert helpers in only a few hours. *safeTALK* participants are aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided. They want persons with thoughts to invite their help. They know the *TALK* steps (*Tell, Ask, Listen* and *KeepSafe*) and can activate a suicide alert. As a part of the *KeepSafe* step, they connect persons with thoughts to persons trained in suicide intervention who complete the helping process or link the person with more specialized help. *safeTALK* is designed to be used in organizations and communities where there are already *ASIST*-trained caregivers.

**Why was *safeTALK* developed?**

*safeTALK* is our response to a long-known need for:

- a short program (2.5–3.5 hours)
- taught by one trainer with groups of up to 30 participants
- to learn abilities that complement the work of *ASIST* and other intervention-trained caregivers

**Why should I come to *safeTALK*?**

In only a few hours, you will learn how to provide practical help to persons with thoughts of suicide. Expect to leave *safeTALK* more willing and able to perform an important helping role for persons with thoughts of suicide.

**Why is *safeTALK* for everyone?**

Most persons with thoughts of suicide go unrecognized—even though most all are, directly or indirectly, requesting help. Without *safeTALK* training, these invitations to help are too rarely accepted, or even noticed. 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.***

A carefully crafted set of helping steps and the use of creative educational processes make it possible for up to 30 people in your community to leave *safeTALK* willing and able to be suicide alert helpers. *safeTALK* is the result of some 20 years of work at learning how to develop useful suicide prevention abilities in a short program.

Educationally, *safeTALK* "fits" with *ASIST*. It uses compatible language and concepts. Both flow from the same assumptions about persons at risk and about the helping process. The attention to helper attitudes and respect for persons at risk dominates both. The balance between safety and challenge, structure and openness are other common elements.

**Note:** This is an educational program and is not intended in any way to provide therapy to anyone who has experienced a recent loss or who is themselves at risk for suicide. Appropriateness of training attendance is at the discretion of the *safeTALK* trainers.

**Facilitators:** Virginia Blanke, Dian Lusher and Becky Roniger

**Make a difference. Come to *safeTALK*. Learn how to help.**

Call STOPS at 985-237-5506, email us at [lavondra@bellsouth.net](mailto:lavondra@bellsouth.net) or visit our website at [www.stops-la.org](http://www.stops-la.org)

# safeTALK Registration Form

(Return one for EACH participant)

## Upcoming 2009 Workshop:

### Dates & Location

Dates:	Time:	Location:
May 23, 2009 (Saturday)	9:30am-12:30pm	Slidell Public Library, 555 Robert Blvd. Slidell, LA
August 4, 2009 (Tuesday)	9:30am-12:30pm	Covington Public Library, 310 W. 31 <sup>st</sup> Ave Covington, LA
September 17, 2009 (Thursday)	1pm-4pm	Northshore Community Foundation 635 Lafitte Street, Ste A Mandeville, LA

All registrations are due no later than 7 days before the start of each class.

**Cost: \$ 20.00** due with registration form. (This program is being offered at a reduced cost thanks to grants from the Episcopal Diocese of Louisiana).

**Cancellation Policy:** If you cancel your enrollment at least 7 days prior to the date of training your fee will be refunded less a \$10 handling fee. To cancel call 985-237-5506 or email [lavondra@bellsouth.net](mailto:lavondra@bellsouth.net). If STOPS has to cancel the class, registrants will receive a full refund.

**CEU's:** Credit for 2.5 (General) CEU's has been approved by the NASW-LA Chapter and ADRA, the Additive Disorder Regulatory Authority. No partial credit is available.

**Detach the form below and mail it with your check. Keep the top for reference.**

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**PLEASE PRINT**

Name & Title (if applicable) \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Telephone \_\_\_\_ - \_\_\_\_\_ (circle) Day /Evening / Cell FAX \_\_\_\_ - \_\_\_\_\_

CEU Certificate Required: **NASW** \_\_\_\_ Yes \_\_\_\_ No **ADRA** \_\_\_\_ Yes \_\_\_\_ No

**E-mail** \_\_\_\_\_

I would like to have **safeTALK** offered at my organization: \_\_\_\_\_

I heard about **safeTALK** through: \_\_\_\_\_

Mail this form along with your check payable to **STOPS to 427 N. Theard St., Private Mail Box# 500, Covington, LA 70433**. For more information call: STOPS **985-237-5506**, Fax: **985-893-2353** or email: [lavondra@bellsouth.net](mailto:lavondra@bellsouth.net) or visit us at: "<http://www.stops-la.org>"