

safeTALK

A Suicide Prevention Workshop



November 29th, 2016
8:00 am – 12:00 pm

Elk River

Sherburne County
Government Center
13880 Business Center Dr NW

To register, visit:
<https://safeTALKelkriver11-29.eventbrite.com>

This workshop is free but registration is required.



800 Transfer Road, Suite 31
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Toll Free: 1-888-626-4435
www.namihelps.org

Class Description:

This 3-hour suicide prevention workshop offered by NAMI Minnesota is an evidence-based practice that allows time for both practice and discussion.

safeTALK is based on research that shows people experiencing thoughts of suicide often send out subtle invitations to help them stay safe. This workshop will teach you how to use these opportunities to support that desire for safety.

You will learn to move beyond common tendencies to miss, dismiss or avoid suicide, to identify people who are at risk, and to apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person to suicide first aid resources.

This workshop is made possible through funding from the Minnesota Department of Health and in collaboration with the American Foundation for Suicide Prevention of Greater Minnesota.



NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy.