safeTALK: A Suicide Prevention Workshop

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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.

Date: Wednesday, August 23, 2017  Time: 1:00pm - 4:00pm
Location: Great River Regional Library- Mississippi Community Room #106
1300 West St. Germain ST.
St. Cloud, MN 56301

Listed on the national best practice registry, safeTALK 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 three-hour class is for members of the community over the age of 16 who want to learn and practice the basic best practices in suicide prevention.

Participants Will:
- Learn to move beyond common tendencies to miss, dismiss or avoid the warning signs of suicide.
- Learn to identify people who are at risk.
- Learn to apply the TALK steps (Tell, Ask, Listen and KeepSafe)
- Learn to connect a person to suicide first aid resources.

Please join us for this training! This training is intended for those living with mental health issues, providers, family members, and community members.

Advance registration is required for this training as seating is limited. Please RSVP to CAMHI@co.benton.mn.us to register OR call 320-968-5277.
When calling to register, please leave your full name and telephone number including area code.

3 Hours Board of Social Work CEU’s will be provided

This workshop is made possible through support from the American Foundation for Suicide Prevention of Greater Minnesota.

Training is presented by:

Adult Mental Health Initiative
Benton, Sherburne, Stearns, Wright Counties

Please visit us at www.mnmentalhealth.org to sign up for future trainings and announcements.