*FREE TRAINING*

# safeTALK: A Suicide Prevention Workshop

## Presented by: Ashley Nieland

Ashley Nieland is a Mental Health Practitioner currently serving in the role of Suicide Prevention Regional Coordinator for Central MN Mental Health Center. Ashley has worked in the field of mental health for 12 years and has a passion for educating people on suicide prevention and breaking down barriers to talking about it.

**Date**: Tuesday, December 3, 2019   **Time**: 1:00pm- 5:00pm

**Location**: Sauk Rapids Government Center

1239 2nd St. N, Sauk Rapids, MN 56379

LivingWorks safeTALK is a face-to-face workshop featuring powerful presentations, audiovisuals, and skills practice.

Participants will learn:
- How to prevent suicide by recognizing signs
- How to engage with someone and connect them to an intervention resource for further support

A skilled, supportive trainer will guide participants through the course, and a community resource will be on hand to support your safety and comfort.

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

**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.**

*A Certificate of Attendance will be provided for CEUs through the MN Board of Social Work*

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.