



# safeTALK

Gila River Health Care BHS Prevention Program promotes a suicide-safer community. safeTALK is half-day training, funded by program grants, and is offered at no cost to GRIC.

## OBJECTIVE OF SAFE TALK TRAINING:

safeTALK trainings are taught through lecture and role playing settings. Participants will learn:

- How to recognize the warning signs of those who may have thoughts of suicide.
- What the TALK steps are: (*Tell, Ask, Listen, and Keep safe*) and how to apply those steps.
- How to connect a person with thoughts of suicide to a “suicide first-aid intervention caregiver”

## IMPORTANT TRAINING INFORMATION:

- All participants must be *at least 15 years or older*. (*Minors will require a signed permission slip.*)
- Trainings register a *minimum* of 6 people total.
- safeTALK is an introductory training designed for non-mental health professionals.

### UPCOMING TRAINING DATES:

- Wednesday, November 13, 2019  
1:00 PM - 4:30 PM at District 7 Service Center
- Thursday, December 19, 2019  
1:00 PM - 4:30 PM at D4 Service Center
- Thursday, January 16, 2020  
9:00 AM - 12:30 PM at District 2 Service Center

**For more information or to register for a this training please feel free to contact the BHS Prevention Program SafeTALK Contact at (520) 562-3321 x6421 or email at [bbennett@grhc.org](mailto:bbennett@grhc.org)**

**Emergencies, always dial 911 | GRIC Crisis Line 1-800-259-3449**



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### SAFE TALK REGISTRATION FORM

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  - Thursday, December 19, 2019 | 1:00 PM - 4:30 PM at District 4 Service Center
  - Thursday, January 16, 2020 | 9:00 AM - 12:30 PM at District 2 Service Center

**Name:** \_\_\_\_\_

**Preferred Form of Contact:**     Phone Call     Email     Text Message

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_