



safeTALK
Suicide Alertness for Everyone



safeTALK is a 3-hour training that prepares participants to recognize and support a person with thoughts of suicide. Participants will become a safeTALK-trained suicide alert helper.

Over the course of the training, participants will learn to:

- Notice and respond to situations where suicidal thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and Keep Safe

Who should attend:

- Community/Public
- Community Organizations
- Faith-based Institutions
- Parents
- Grandparents
- Caregivers

Training is free, but pre-registration is required

Date: January 16, 2025 **Time:** 9 a.m. - 12 p.m.

Location: DBH Admin Room 109 - 303 E. Vanderbilt Way, San Bernardino



Please scan the QR code or [click this link](#) to register.

For questions, please call the Community Education Program at (909) 386-8258 or e-mail DBHCEPTraining@dbh.sbcounty.gov. If you require translation and/or interpretation language services, please contact us a minimum of five business days before the date of the training.