



safeTALK

A **FREE** half-day **alertness workshop** that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Presented by Mickie Jannazzo, Director of Crisis and Youth Services at Child & Family Services/Third Level.

Suicide Alertness for Everyone

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK teaches helpers to recognize these invitations and take action by connecting them with life-saving intervention resources.

Workshop features:

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audiovisual learning aids
- The simple yet effective TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development

Child & Family Services



September 29, 2018 from 9 am—noon
NMC University Center
2200 Dendrinos Drive, Traverse City (off of Cass Road,
just north of South Airport Rd)
Room 212

Contact Mickie Jannazzo to register:

946-8975 ext. 1049 or mjannazzo@cfs3L.org

