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You Cordially Invited to

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# safeTalk

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## Suicide Prevention Training

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- Recognize the warning signs of suicide
- Identify preventive resources and how to access them
- Apply the **TALK** (**T**ell, **A**sk, **L**isten, **K**eeP Safe)
- Learn what effective **safeTALK** is and is not
- Prepare “front line” community leaders with valuable information
- Learn effective ways to connect well and build rapport
- Receive valuable information
- Practice and enhance active listening skills
- Practice and enhance skills making effective referrals to appropriate professionals

**Wednesday, September 10**  
**Registration 8:30am, training 9-12**  
**MHA Rockland**  
**140 Route 303, Valley Cottage**  
**To register call 845-22172, x296**

