

FREE!

safeTALK



**FREE
Child Care Available**



INTENDED AUDIENCE:

- Parents/Guardians/Caregivers
- Youth 16 years of age and over
- Teachers, Coaches, Faith Leaders
- Anyone who wants to learn best practices in suicide prevention

safeTALK

Learn how to support someone's desire for safety by recognizing the warning signs of suicide, identifying people who are at risk and applying the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person to suicide first aid resources.

Listed on the national best practice registry, safeTALK allows time for both practice and discussion. safeTALK is based on research that shows people experiencing thoughts of suicide often send out subtle invitations to help them stay safe.

This three-hour workshop is for members of the community over the age of 16 who want to learn and practice the basic best practices in suicide prevention.

Date: Tuesday, November 14, 2017

Time: 5:30—8:30

Location: Armstrong High School
10635 36th Ave N
Plymouth, MN *Room Media Center*

Cost: FREE

RSVP electronically:
Melodie_hanson@rdale.org

RSVP by phone: 763-504-4981

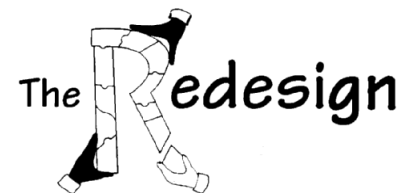
If you need child care, please leave the names and ages of your children.

Sponsored by: Robbinsdale Area Schools:

- *Special Education Advisory Council; and*
- *The Redesign Family Service Collaborative*



*Person Centered
Strength Based*



*Working Together for Student
and Family Success*

NAMI Minnesota (National Alliance on Mental Illness) is a non-profit organization dedicated to improving the lives of children and adults with mental illnesses and their families. NAMI Minnesota offers education, support and advocacy. NAMI Minnesota vigorously promotes the development of community mental health programs and services, improved access to services, increased opportunities for recovery, reduced stigma and discrimination, and increased public understanding of mental illness.