

**Suicide is recognized as a serious community health problem worldwide. How can further deaths and injuries be prevented? How can we support people to choose life when something prevents them from seeing a way forward? This suicide first aid training program will enhance the skills of suicide prevention for community caregivers.**

**OCTOBER 16, 2018  
3:00PM TO 6:30PM**

# safeTALK TRAINING



## TRAINING OBJECTIVES

- Move beyond the stigma & common tendencies to miss or dismiss suicide.
- Recognize invitations for help in people who have thoughts of suicide.
- Apply the TALK steps (Tell, Ask, Listen and KeepSafe).
- Link people with community resources.



safeTALK is a 3 hour interactive, practical, practice-oriented workshop.

→NO COST TRAINING

→Light snacks will be provided

→Location: Manzanita building 2nd floor in the Multi-purpose Room, Columbia College

**For information and registration, please contact:**

**MARTHA GOLAY: 209-533-1397 x274 | [MGolay@atcaa.org](mailto:MGolay@atcaa.org)**



**Bob White** is the YES Partnership Director. The YES Partnership is a community-wide coalition in Tuolumne County dedicated to preventing substance abuse, child abuse, and suicide. Bob is actively involved in the community serving on the Over site Committee of the Suicide Prevention Task Force, and serves on the Executive Committee of the Leadership Tuolumne County program sponsored by the Tuolumne County Chamber of Commerce.

**Martha Golay** has been essential in the strategic planning aspects of the *Suicide Prevention Task Force of Tuolumne County*, since 2014. Martha is a certified trainer of the *Living Works Education for safeTALK and ASIST 11* in which over 500 persons locally have been trained. Ms. Golay has also been certified as a *Mental Health First Aid (MHFA)* and *Youth MHFA* instructor with multiple trainings in the community to increase understanding and skill sets in working with persons living with additional challenges. Martha's experience in working with youth and families continues to be a great asset to this community.



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