



# Suicide Prevention Trainings

Know the signs. Protect your community.

According to the Alaska Department of Health and Social Services, suicide is a leading preventable cause of death in Alaska. Southcentral Foundation Behavioral Health Services is hosting a series of workshops to teach participants how they can help prevent suicide in our communities.

## SafeTALK

4/19/22 8:30 a.m.-12:30 p.m., 5/19/22 1-5 p.m.,  
6/16/22 8:30 a.m.-12:30 p.m., 7/26/22 1-5 p.m.,  
8/18/22 8:30 a.m.-12:30 p.m., 9/7/22 1-5 p.m.,  
10/18/22 8:30 a.m.-12:30 p.m., 11/8/22 1-5 p.m.,  
12/8/22 8:30 a.m.-12:30 p.m.

SCF Development Center

SafeTALK provides the skills and tools necessary to help identify persons with thoughts of suicide and connect them to appropriate resources. After taking SafeTALK, the learner will be equipped to:

- Identify people who have thoughts of suicide
- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicidal thoughts to suicide first aid and intervention caregivers

## Applied Suicide Intervention Skills Training

5/5/22-5/6/22, 7/14/22-7/15/22, 10/6/22-10/7/22  
8:30 a.m. – 4:30 p.m.

SCF Development Center

ASIST is a two-day face-to-face workshop featuring powerful audiovisuals, discussions, and simulations. Participants will learn how to recognize signs of suicide, provide a skilled intervention, and develop a safety plan to support someone in need.

Classes are available on a first-come, first-served basis. Please call (907) 729-7479 to reserve your spot today.

Training dates are subject to change due to COVID-19. Physical distancing guidelines will be observed. Masks are required. Please do not attend the trainings if you are sick.

Behavioral Health Services | (907) 729-7479  
southcentralfoundation.com

