

Dear Parent or Guardian,

Cabot High School is dedicated to providing a safe, supportive environment for all students. To help meet this goal, CHS is offering a 3 hour SafeTALK training to teach students skills to respond to peers who may be experiencing a mental health crisis and connect those students to resources.

This is voluntary and your child has expressed interest. The goals of SafeTALK are described below. We must have at least 10 participants but no more than 30.

SafeTALK is a three hour suicide alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Since its development in 2006, SafeTALK has been used in over 20 countries around the world, and has more than 200 selectable video vignettes have been produced to tailor the program's audio-visual component for diverse audiences. SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Over the course of their training, SafeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present and recognize that invitations for help are often overlooked.
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and Keep Safe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

DATE: Tuesday, March 6, 2018

TIME: 4:00pm – 7:00pm

LOCATION: Cabot Public Library

FACILITATORS: Nicole True and Terena Woodruff, CSD Counseling Department

Please sign below to give permission for your child to attend this training. Signed forms should be returned to the CHS Counseling Center by February 27, 2018 at 3:30pm.

Photos may be taken to be used on the AFSP website or by local media to promote this event. If you do NOT want your student's photo to be used, please include a note on the bottom of this form.

Student's Name _____ **(please print)** _____ **(Grade)** _____

Parent Signature

Date

If you need additional information, please contact Terena Woodruff at 843-3363, Nicole True at 743-3570 or visit afsp.org