



## SUICIDE PREVENTION TRAINING SERIES

PCOE offers three suicide prevention trainings that are open to anyone in the Placer community. Each workshop provides a unique skillset to support suicide awareness and resource connection. No matter your current skill level, we have a workshop that is right for you. Please see the training descriptions below to find the one that best meets your needs. If you have never attended a suicide prevention training before, we recommend starting with Be Sensitive, Be Brave.

### **BE SENSITIVE, BE BRAVE** AN INTRODUCTORY WORKSHOP TO SUICIDE PREVENTION

A 2-hour interactive workshop that provides a foundational understanding of suicide and suicide awareness that is appropriate for those who are just beginning to learn about suicide. This workshop may take place in-person or virtually via Zoom.

### **SAFETALK** SUICIDE ALERTNESS FOR EVERYONE

A 4-hour in-person suicide alertness training that prepares participants to identify those who may be having thoughts of suicide and help connect that person to life-saving resources. Participants will learn suicide first-aid intervention skills and will spend time practicing those skills during the training.

### **ASIST** APPLIED SUICIDE INTERVENTION SKILLS TRAINING

A 2-day in-person, immersive training where participants learn how to intervene and help prevent the immediate risk of suicide. This interactive workshop will ask participants to share their personal experiences with suicide and engage in intensive role play situations.

**Questions? Please contact Stephanie Kaiser, [skaiser@placercoe.org](mailto:skaiser@placercoe.org)**

In a unique collaboration, The Placer County Office of Education and Placer County Health and Human Services work to improve mental health outcomes for individuals, families, and our community. These trainings are facilitated by a collaborative training team with funding, in part, by the County of Placer Mental Health Services Act.

## BE SENSITIVE, BE BRAVE (BSBB) 2-HOUR TRAINING, VARIED TIMES

No Cost

DATE	LOCATION	LINK TO REGISTER
September 10, 2024 6 - 8 PM	PCOE Seavey Center, PD Room - 655 Menlo Dr., Rocklin	<a href="https://tinyurl.com/BSBB0924">https://tinyurl.com/BSBB0924</a>
October 14, 2024 6 - 8 PM	PCOE, Burns Room - 360 Nevada St, Auburn	<a href="https://tinyurl.com/BSBB1024">https://tinyurl.com/BSBB1024</a>
November 14, 2024 2 - 4 PM	ZOOM - register to get the link via email	<a href="https://tinyurl.com/BSBB1124">https://tinyurl.com/BSBB1124</a>
January 16, 2025 2 - 4 PM	ZOOM - register to get the link via email	<a href="https://tinyurl.com/BSBB0125">https://tinyurl.com/BSBB0125</a>
March 4, 2025 10 AM - 12 PM	ZOOM - register to get the link via email	<a href="https://tinyurl.com/BSBB0325">https://tinyurl.com/BSBB0325</a>
May 20, 2025 2 - 4 PM	ZOOM - register to get the link via email	<a href="https://tinyurl.com/BSBB0525">https://tinyurl.com/BSBB0525</a>

## SAFE TALK 4-HOUR TRAINING - VARIED TIMES \$10. due at registration

DATE	LOCATION	LINK TO REGISTER
September 4, 2024 9 AM - 1 PM	PCOE, Burns Room - 360 Nevada St, Auburn	<a href="https://tinyurl.com/STSept24">https://tinyurl.com/STSept24</a>
October 24, 2024 9 AM - 1 PM	PCOE Seavey Center, PD Room - 655 Menlo Dr., Rocklin	<a href="https://tinyurl.com/STOct24">https://tinyurl.com/STOct24</a>
January 23, 2025 9 AM - 1 PM	PCOE Burns Room - 360 Nevada St., Auburn	<a href="https://tinyurl.com/STJan25">https://tinyurl.com/STJan25</a>
February 28, 2025 12:30 - 4:30 PM	PCOE Seavey Center, PD Room - 655 Menlo Dr., Rocklin	<a href="https://tinyurl.com/STFeb25">https://tinyurl.com/STFeb25</a>
April 24, 2025 12:30 - 4:30 PM	PCOE NEW HQ - 1400 W. Stanford Ranch, Rocklin	<a href="https://tinyurl.com/STApr24">https://tinyurl.com/STApr24</a>

## APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST) 2-DAYS - 8:30 AM-4:30 PM \$25. due at registration

DATE	LOCATION	LINK TO REGISTER
September 5-6, 2024	PCOE Seavey Center, PD Room - 655 Menlo Dr., Rocklin	<a href="https://tinyurl.com/ASISTSept24">https://tinyurl.com/ASISTSept24</a>
November 5-6, 2024	PCOE Seavey Center, PD Room - 655 Menlo Dr., Rocklin	<a href="https://tinyurl.com/ASISTNov2024">https://tinyurl.com/ASISTNov2024</a>
February 6-7, 2025	PCOE Burns Room - 360 Nevada St., Auburn	<a href="https://tinyurl.com/ASISTFeb2025">https://tinyurl.com/ASISTFeb2025</a>
April 3-4, 2025	PCOE NEW HQ - 1400 W. Stanford Ranch, Rocklin	<a href="https://tinyurl.com/ASISTApr24">https://tinyurl.com/ASISTApr24</a>