



Behavioral Health



safeTALK
Suicide Alertness for Everyone



In honor of National Suicide Prevention month, DBH is hosting safeTALK in each of our county's districts. safeTALK is a 3-hour training that prepares participants to recognize and support a person with thoughts of suicide. Participants will become a safeTALK-trained suicide alert helper.

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

- Notice and respond to situations where suicidal thoughts might be present
- 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

Who should attend:

- Community/Public
- Community Organizations
- Faith-based Institutions
- Parents
- Grandparents
- Caregivers

Training is free, but pre-registration is required

September 10, 9 a.m. - 12 p.m.: WET Training Center, San Bernardino

September 14, 10 a.m. - 1 p.m.: Mt. Zion Church, Ontario

September 16, 5:30 - 8:30 p.m.: Yucaipa Community Center, Yucaipa

September 19, 5:30 - 8:30 p.m.: The Flipside Church, Rancho Cucamonga

September 24, 9 a.m. - 12 p.m.: Abundant Living Family Church, Hesperia



Please scan the QR code or [click this link](#) to register.

For questions, please call the Community Education Program at (909) 386-8285 or e-mail DBHCEPTraining@dbh.sbcounty.gov. If you require translation and/or interpretation language services, please contact us a minimum of five business days before the date of the training.