

# You are invited to be a part of Hawai'i's suicide prevention and awareness efforts!



## safeTALK : *Tell, Ask, Listen and KeepSafe*

This three-hour workshop will prepare you to recognize and support a person with thoughts of suicide. You will become a “safeTALK-trained suicide alert helper,” which will allow you to move beyond the common tendency to dismiss or avoid suicide. This training will provide instruction in how to properly connect a person with thoughts of suicide to first aid and intervention caregivers.

### O'AHU:

Wednesday, February 19<sup>th</sup> at QLCC – Honolulu (1300A Halona Street, Hawai'i 96817)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Friday, March 14<sup>th</sup> at QLCC – Honolulu (1300A Halona Street, Hawai'i 96817)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Thursday, April 3<sup>rd</sup> at QLCC – Honolulu (1300A Halona Street, Hawai'i 96817)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Thursday, May 8<sup>th</sup> at QLCC – Honolulu (1300A Halona Street, Hawai'i 96817)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Thursday, June 5<sup>th</sup> Honolulu (1300A Halona Street, Hawai'i 96817)  
8:00am – 12:00pm (registration from 8:00-8:30am)

### KAUAI:

Monday, February 24<sup>th</sup> at QLCC – Kaua'i (4530 Kali Road, Līhu'e, Hawai'i 96766)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Friday, March 7<sup>th</sup> at QLCC – Kaua'i (4530 Kali Road, Līhu'e, Hawai'i 96766)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Friday, April 25<sup>th</sup> at QLCC – Kaua'i (4530 Kali Road, Līhu'e, Hawai'i 96766)  
8:00am – 12:00pm (registration from 8:00-8:30am)

### HAWAI'I ISLAND:

Thursday, March 27<sup>th</sup> at University of Hawai'i - Hilo (200 W. Kawili St., Hilo, HI 96720-4091)  
8:00am – 12:00pm (registration from 8:00-8:30am)

Friday, March 28<sup>th</sup> at University of Hawai'i – Hilo (200 W. Kawaili St., Hilo, HI 96720-4091)  
8:00am – 12:00pm (registration from 8:00-8:30am)



## **ASIST : *Applied Suicide Intervention Skills Training***

This two-day workshop will equip participants to respond knowledgeably and competently to persons at risk of suicide. Participants learn and practice skills in identifying and responding to people at immediate risk of suicide. Just as “CPR” skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. This is a highly interactive workshop that will give you the training that you need in order to be a care-giving resource within your community.

### **O’AHU:**

February 6<sup>th</sup> AND 7<sup>th</sup> at Queen Lili’uokalani Children’s Center (1300A Halona Street, Honolulu)  
8:00am – 4:30pm on BOTH days (registration from 7:30am-8:00am)

***Attendance for BOTH days of the workshop is required for certification***

*More safeTALK and ASIST trainings are forthcoming.  
Please email us at [sptrainings@dop.hawaii.edu](mailto:sptrainings@dop.hawaii.edu) to receive notifications  
when future trainings are scheduled.*

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## ***Interested in attending a training?***

Online registration is available at:

**<http://tinyurl.com/ktatqx2>**

*(Just look for your island and the training that you are interested in attending!)*

***Online registration is REQUIRED to attend a training session.  
Your reservation will be confirmed via email.***

*Please note that those who have experienced a recent loss to suicide may find attending suicide prevention trainings very difficult and are cautioned against participating.  
For survivor resources, feel free to contact us.*

**Any questions can be directed towards:  
[sptrainings@dop.hawaii.edu](mailto:sptrainings@dop.hawaii.edu)**