



NEW YORK STATE SENATOR

David Carlucci

## Senator Carlucci & Mental Health Association of Rockland to Offer safeTALK Suicide Prevention Class

DAVID CARLUCCI August 18, 2014

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With support from Senator David Carlucci, the Mental Health Association of Rockland is offering a free three-hour suicide prevention “safeTALK” class to the general community on Wednesday, September 10 from 9am to noon, with registration starting at 8:30.

SafeTALK is a model of teaching adults how to recognize warning signs of suicidal thinking and to engage in meaningful conversation with someone who may be at risk with the

ultimate goal of connecting that person to more expert help.

“It is a kind of CPR class for suicide prevention,” said Sonia Wagner, safeTALK trainer and executive vice president of the Mental Health Association. “So often people are afraid to ask a loved one about suicidal thinking. In fact, we find that a person who is thinking about suicide is either relieved to discuss it or grateful that someone cared enough to ask.”

Suicide is often preventable and a friend, loved one, co-worker, and even a stranger – such as a hotline worker - can instill hope.

Senator David Carlucci (D-Rockland/Westchester) said, “Suicide is consistently the leading cause of violent death in New York. One in every 25 lives lost to suicide in this country is a resident of New York. The safeTALK workshop will give the general community the tools we need to recognize the warning signs of suicide and what to say and do if we think a family member or friend is in danger.”

The safeTALK training will be offered at the Mental Health Association in Valley Cottage.

To register, please call the Association at 845-267-2172, x296.