



St. Lawrence County Youth Bureau

80 State Highway 310, Suite 4
Canton, NY 13617
315-379-9464

FOR IMMEDIATE RELEASE

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Youth Bureau Offers Free safeTALK Suicide Prevention Trainings

Canton, NY-The St. Lawrence County Youth Bureau, in partnership with the St. Lawrence County Suicide Awareness Coalition, will offer two free **safeTALK Suicide Prevention Training** sessions this month to empower teens and adults with the tools to help save lives.

Training Dates:

- **Saturday, October 25** at 3:00 PM
- **Tuesday, October 28** at 4:30 PM

Both sessions will be held in the upstairs conference room at the Human Services Building, 80 State Highway 310 in Canton. The 3-hour **safeTALK** program (Suicide Alertness for Everyone) teaches participants how to recognize warning signs of suicide, talk openly and safely about their concerns, and connect individuals to lifesaving resources and support.

This initiative is especially meaningful because many of the Youth Bureau's Teen Ambassadors have already completed safeTALK training and are encouraging their peers to do the same.

"safeTALK gave me the confidence to help someone who might be struggling. I believe every student should have this training. It could make all the difference," said Youth Committee's Chairman Anya Bansal during September's Suicide Awareness Month.

"By offering these trainings to youth and adults, we're building a stronger, more connected network of support in our communities," said Alexa Backus Chase, Director of the Youth Bureau. "Our Teen Ambassadors are leading the way and showing their peers that these conversations matter."

The Youth Bureau is extending a personal invitation to students, 15 years of age and older, from Canton, Potsdam, Lisbon, Hermon-DeKalb, Heuvelton, Colton-Pierrepont, Madrid-Waddington, and Norwood-Norfolk to attend. Class



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size is limited to 20 participants per session, and early registration is strongly encouraged.

To register, email ACHase@stlawco.gov or call the Youth Bureau at (315) 379-9464. Last-minute cancellations and no-shows are strongly discouraged, as space is limited.

About the St. Lawrence County Youth Bureau

The St. Lawrence County Youth Bureau provides youth development, leadership opportunities, prevention education, and advocacy throughout St. Lawrence County. Through partnerships with schools, local organizations, and state agencies, the Youth Bureau works to support the well-being and empowerment of young people.

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