



**talkable**  
COMMUNITIES



## The Goal

Talkable Communities will have a positive impact on family and community wellness through education and training in mental health and suicide prevention.

“

*“We have  
Walkable Communities,  
why not  
Talkable Communities.”*



## NATIONAL DATA

**12th**

Leading Cause of  
Death in the U.S.

**45,979**

Americans Died by  
Suicide in 2020

**13.5%**

Suicide Rate  
in 2020



## NORTHEASTERN FLORIDA DATA

**10th**

Leading Cause of  
Death in the U.S.

**300**

Americans Died by  
Suicide in 2020

**20.03%**

Suicide Rate  
in 2020



**WHO BENEFITS?** Put simply, everyone.



**Improve Happiness &  
Mental Wellbeing**



**Teach Crisis  
Response Skills**



**Promote Social  
Connectedness**



**Increase Knowledge  
of Mental Illness**



# IMPLEMENTATION

Training our Communities in

- QPR: Question, Persuade, Refer
  - It's Time to Talk About It
- Youth Mental Health First Aid

## GOALS & NEXT STEPS

We will create communities of support where mental wellbeing is only one conversation away by training 5,000 community members in mental health & suicide prevention over the next 3 years.

Our communities will learn more by:

- Attending trainings hosted by our partnering agencies.
- Participating in Focus Groups & Town Halls in each Counties







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Laureen Pagel

CEO

[lpagel@spbh.org](mailto:lpagel@spbh.org)

[www.talkablecommunities.org](http://www.talkablecommunities.org)

Kimberly McGee

Suicide Prevention Training Coordinator

[kmcgee@spbh.org](mailto:kmcgee@spbh.org)

[info@talkablecommunities.org](mailto:info@talkablecommunities.org)