



# safeTALK



[safeTALK](#) is a half-day, evidence-based suicide-alertness workshop that prepares anyone 15 years of age and older to become a suicide-alert helper.

safeTALK-trained helpers can recognize these invitations and take action by connecting a person at risk with life-saving intervention resources.

***On average, 10 people die by suicide each day in Canada***

safeTALK participants will learn to:

- Notice and respond to situations where suicide 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 KeepSafe

**Thursday December 7th, 2017 ~ 5:00pm to 8:30pm**

**Guelph Public Library, 100 Norfolk Street**

**Cost is \$50 per person ~ Pre-registration is required**

**To register, visit [www.cmhaww.ca/events](http://www.cmhaww.ca/events)**

If you have any questions, please email [workshops@cmhaww.ca](mailto:workshops@cmhaww.ca)

***Most people with thoughts of suicide don't want to die, but are struggling with the pain in their lives.  
Through their words and actions, they invite help to stay alive.***



Canadian Mental  
Health Association  
Waterloo Wellington

Association canadienne  
pour la santé mentale  
Waterloo Wellington

