



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 the invitations and take action by connecting a person at risk with life-saving intervention resources.

Suicide accounts for 24 percent of all deaths among 15-24 year olds

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
- Know community resources and how to connect someone for further help

January 15, 2018 ~ Time 6:00pm to 9:30pm

Mount Forest & District Sports Complex, in Mount Forest

Cost is \$20 per person (regular \$50) ~ Pre-registration is required

To register, visit www.cmhaww.ca/events

If you have any questions, please email workshops@cmhaww.ca

This learning opportunity is sponsored by #GetInTouchForHutch



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