

# CMHA WW Presents

## FREE safeTALK Training: Elora

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

**Suicide accounts for 24% of all deaths among 15 to 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



**Saturday February 23, 2019**

**9am to 12:30pm**

**Location will be disclosed upon registration**

**FREE Pre-registration is required**

To register, visit [cmhaww.ca/events](http://cmhaww.ca/events)  
Email [workshops@cmhaww.ca](mailto:workshops@cmhaww.ca) with any questions

*This learning opportunity is sponsored by*



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