



CALL for help

suicide awareness

connect with someone who cares

DO YOU KNOW...

- How to recognise “calls for help” – signs that someone might be thinking about suicide?
- How to ask someone if they are thinking of suicide?
- The practical steps you can take to help keep the person safe from suicide?

At this **FREE CALL for help** session you will learn these skills (and more)!

- **WHERE: Ballarat Town Hall – Trench Room**
 - **225 Sturt Street, Ballarat VIC 3350**
- **WHEN: Tuesday, September 10, 2024 @ 6.30pm**

From 6.30pm until 8.30pm, including the opportunity to ask questions at the end.

Light refreshments will be served.

Open to the public (15+ years of age), but places are limited.

Visit this link (or scan the QR) to secure a **free** ticket:

<https://www.trybooking.com/CUFTA>

For more information: Stacey Oliver - 0407 225 336



 **Lifeline**
Ballarat