



safeTALK

safeTALK is a half-day interactive alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

Sometimes, as family, friends or colleagues we are able to connect with someone at risk of suicide.

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

safeTALK-trained helpers are an important part of suicide-safer communities because they can recognise these invitations and act by connecting at-risk people with life-saving intervention resources.

When: 16 May 2023, 9.30am – 12.30pm

Where: [Sunways Function Room](#) 1311 Gregory St, Lake Wendouree

Cost: \$120 + GST

Registration & payment [online](#) via [Trybooking](#)

You will learn how to:

- * notice & respond to situations where thoughts of suicide may be present
- * provide practical help by using the TALK steps (Tell, Ask, Listen and Keep safe)
- * act quickly to connect the person with someone trained in suicide intervention
- * contribute to building a safer community.

For further information or enquiries, please contact



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