What is safeTALK?

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. 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 can recognize these invitations and take action by connecting them with life-saving intervention resources. Since its development in 2006, safeTALK has been used in over 20 countries around the world.

Suicide alert community members are better prepared to become a vital link in connecting persons at risk with further help.

It is intended that safeTALK participants will be better prepared to:

- recognise that invitations to help are often overlooked;
- move beyond common tendencies to miss, dismiss and avoid suicide;
- notice and respond to situations in which thoughts of suicide may be present;
- apply basic TALK steps (Tell, Ask, Listen, and Keep Safe);
- connect the person with thoughts of suicide to suicide first aid help and further community resources.

Workshop Details

Date: 03/12/15
Time: 5 – 8:30 pm
Trainer: Vanessa Bouly
Venue: Gawler Sport and Recreation Centre
89 Murray St, Gawler SA 5118
Eligibility: must be aged over 15
RSVP: Please register to attend by 27/11/15 by contacting Georgie at headspace Edinburgh North on (08) 8209 0700 or gbrown@northernhealth.net

headspace Edinburgh North and the Northern Health Network gratefully acknowledge the funding provided by phn Country SA for this event