



Free Suicide Awareness
training –
become a safeTALK trained
helper



safeTALK

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

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.

safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks. safeTALK helps expand the reach of suicide intervention skills in communities around the world.

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.