

safeTALK Workshop

Suicide Alertness for Everyone

safeTALK, is a training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources. Discussion and practice help stimulate learning. Learn steps that contribute to saving lives.

As a safeTALK-trained suicide alert helper, you will be better able to:

- move beyond common tendencies to miss, dismiss or avoid suicide;
- identify people who have thoughts of suicide;
- apply the *TALK* steps (*Tell, Ask, Listen* and *KeepSafe*) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.

DATE: APRIL 5TH, 2019

LOCATION: 404 ASHFORD STREET

TIME: 8:30AM – 1:00PM

COST: FREE MUST REGISTER TO ATTEND

TRAINING COSTS PROVIDED THROUGH DONATION FROM A WALK TO REMEMBER

For more information please contact Tasha at 306-842-7959 or e-mail: tashac@cmhask.com

REGISTRATION FORM – REGISTER DEADLINE MARCH 29ST, 2019

Name (please print):		
Address:	City:	Postal Code:
Occupation/Department:	Email:	
Phone(Day):	Cell:	

Please send Registration form to: CMHA Weyburn
404 Ashford Street,
Weyburn SK S4H 1K1