



safeTALK is a 3-hour training workshop, which raises general awareness on how to prevent suicide in our community. Learn four basic steps to recognise persons with thoughts of suicide and help connect them with suicide intervention resources.

Please Note: *This workshop is not suitable for anyone recently (within the last 12 months) bereaved by suicide.*

Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided – leaving people more alone and at greater risk.

safeTALK training prepares you to help by using **TALK (Tell, Ask, Listen and Keepsafe)** to identify and engage people with thoughts of suicide and to connect them with further help and care.

For further information on training please contact:

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