

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

FREE Upcoming Training Sessions

<u>Date—2018</u>	<u>Time</u>
February 27th	5:00—8:00pm
March 20th	5:00—8:00pm
April 17th	1:00—4:00pm
May 15th	5:00—8:00pm
June 12th	1:00—4:00pm
August 6th	5:00—8:00pm
September 11th	1:00—4:00pm

Location:

**White Pines Wellness Centre
Boardroom (2nd Floor)
1745 Chiefswood Road, Ohsweken**

SafeTALK is a 3-hour training that prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to first-aid resources. Alert Helpers know how to use these opportunities to support that desire for safety. 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 with thoughts of suicide**
- **Apply the TALK (Tell, Ask, Listen, Keep Safe) steps to connect a person with suicide thoughts to first aid, intervention, and care-givers.**

**All are welcome!
Be a part of creating a suicide-safer community!**


To register contact:

Jessica Hill at (519) 445-2418 or jessicahill@sixnations.ca

Nakol Slezsak at (519) 445-2143 or nakols@sixnations.ca




LivingWorks

 suicideTALK

 safeTALK

 ASIST

 suicide to Hope

