

safeTALK training

safeTALK offers valuable skills to everyone 15 and older and requires no formal training or prior experience in suicide prevention. safeTALK is an excellent tool for people who want to become alert to the dangers of suicide. safeTALK offers useful skills to every audience.

Over the course of their training, safeTALK participants will learn to:

- Notice and respond to situations where suicide thoughts might be present
- Recognize that invitations for help are often overlooked
- Move beyond the common tendency to miss, dismiss, and avoid suicide
- Apply the TALK steps: Tell, Ask, Listen, and KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

Dates:

Monday January 15, 2018 – 900am- 12:30pm

Location: 2401 Bristol Circle suite 105, Oakville, L6H 5S9

To register please email Colleen Taffe at: ctaffe@haltonhealthcare.com

This is a FREE 3 ½ hour workshop open to family members, care givers or loved ones who are supporting someone living with mental illness or addictions and has or is currently receiving services through one or more of the following Mississauga/Halton services providers.

one-Link/ Halton Healthcare
Trillium Health Partners
North Halton Mental Health Clinic
ADAPT
Hope Place
Summit

T.E.A.C.H.
CMHA Halton
STRIDE
PAARC
Support & Housing Halton

Workbook and certificate provided.

*Most people with thoughts of suicide don't truly want to die,
but are struggling with the pain in their lives.*