

# BECOME SUICIDE-ALERT



## safeTALK

*suicide alertness for everyone*

SafeTALK is a half-day alertness workshop that prepares anyone, regardless of 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 recognise these invitations and take action by connecting them with life-saving mental health support.

The training runs for 3.5 hours and you will learn how to:

- notice and respond to situations where thoughts of suicide may be present
- provide practical help by using the TALK steps (Tell, Ask, Listen and Keep safe)
- act quickly to connect the person with someone trained in suicide intervention
- contribute to building a safer community.

To find out when the next program is being run visit [www.flinders.edu.au/safetalk](http://www.flinders.edu.au/safetalk)

To register your interest please email: [oasis@flinders.edu.au](mailto:oasis@flinders.edu.au)