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Western Sydney Primary Health
Network



safeTALK

Suicide Alertness For Everyone

What is safeTALK?

safeTALK is a half-day alertness workshop that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper. Those at risk invite help to stay alive. SafeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in ASIST.

Workshop Features:

- **Free training** - sponsored by South Western Sydney PHN.
- Professional Development Hours & certificate
- Powerful audiovisual learning aids
- Simple TALK steps: Tell, Ask, Listen, and KeepSafe
- Hands-on skills practice and development
- safeTALK helps expand the reach of suicide intervention skills in communities around the world.

Upcoming sessions

Lifeline Macarthur and Western Sydney hosts sessions regularly in the South West region. Sessions are free and fill quickly! Register using the QR code or links below to secure your place.



Let's Talk About It!

Join us for a special Mental Health Month training event.

Wednesday 23rd October - 10am-1pm

Hosted at Bryan Brown Function Centre -
cnr Rickard & Chapel road. Bankstown.

<https://bit.ly/4fLVvEx>



GET IN TOUCH

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