



safeTALK

Free 3 hour Workshop

When: Tuesday 25th May 2021
Where: Bankstown Library
Time 9.00am – 12.00pm

Register via [Eventbrite.com.au](https://www.eventbrite.com.au) (search Lifeline Macarthur) or copy the link below:
<https://www.eventbrite.com.au/e/143641376223>

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. 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 intervention resources, such as caregivers trained in ASIST.

Since its development in 2006, safeTALK has been used in over 20 countries around the world, and more than 200 selectable video vignettes have been produced to tailor the program's audio-visual component for diverse audiences. safeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Workshop features:

- Presentations and guidance from a LivingWorks registered trainer
- Access to support from a local community resource person
- Powerful audiovisual learning aids
- The simple yet effective 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.

*Suicide
alertness for
everyone*



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