



Canadian Mental Health Association
Mental health for all

Association canadienne pour la santé mentale
La santé mentale pour tous

New course offering!

BE MIND FULL
CHAMPIONS FOR POSITIVE MENTAL HEALTH SINCE 1918

safeTALK workshop



safeTALK

Make a connection. Help save a life.

Suicide is preventable. Anyone can make a difference.

- Half-day training in suicide alertness skills.
- Learn four basic steps to create a life-saving connection.
- Widely used by professionals and the general public.

March 29, 2018. 9:00 to 12:00
NL Housing and Homelessness Network
77 Charter Ave, St. John's
Cost: \$45.00/person

Training manual and certificate of completion
Light snacks and coffee/tea provided
Free parking across from the Centre

To register, please email: bhaley@cmhanl.ca

SafeTALK participants will learn to:

- ✓ Notice and respond to situations where suicide thoughts may be present.
- ✓ Recognize invitations for help that are often overlooked.
- ✓ Apply the TALK steps: Tell, Ask, Listen, KeepSafe.
- ✓ Connect someone with thoughts of suicide to appropriate community resources for further suicide-safer help.



Canadian Mental Health Association
Newfoundland and Labrador
Mental health for all