



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous



Suicide Prevention
Community Council of Hamilton

In recognition of World Suicide Prevention Day the Canadian Mental Health Association Hamilton and Suicide Prevention Community Council of Hamilton are pleased to offer safeTALK training at a subsidized rate of only \$10 per person for the general public!

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

- 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 recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in Applied Suicide Intervention Skills Training - ASIST

DATE: Friday September 9, 2016

TIME: Registration begins at 08:45am the training will begin promptly at 09:00am and finish at 12:00PM

LOCATION: Fortinos (Main Street) Ltd. Community Room
1579 Main Street West
Hamilton, Ontario L8S 1E6

Please register at <http://www.cmhahamilton.ca/>

For further information please contact Craig Marenick at cmarenick@cmhahamilton.ca or 905-521-0090 ext. 245

REGISTRATION CLOSSES September 2nd 2016