

# BECOME SUICIDE-ALERT



## safeTALK

*suicide alertness for everyone*

## TRAINING

**safeTALK** is a half-day alertness training for *everyone* 15 and older to learn how to recognize a person with thoughts of suicide and how to connect them with resources who can help them in choosing to live.

### WORKING TOWARDS ZERO SUICIDE

## Thursday, February 8, 2018

### 5:30PM – 8:45PM

at Fortinos Supermarket, Community Room  
21 Upper Centennial Pkwy South, Stoney Creek  
(Corner of Upper Centennial and Rymal)

MINIMUM AGE FOR PARTICIPATION IS 15.

Please register at

<https://onlineregistrations.ca/safetalk/>.

**Space is limited.**

**FEE: \$50/PERSON** - receipts are available  
(Participants will receive a certificate, booklet,  
and other useful tools.)

Light refreshments and snacks will be available.)

**safeTALK is a  
powerful  
experience!**

As a participant,  
you can expect to  
feel

**challenged,  
empowered,  
and hopeful.**

As your safeTALK trainers, we will demonstrate the importance of suicide alertness and help you identify ways people invite help when they're having thoughts of suicide. safeTALK's steps provide a simple yet effective method to engage with people who are having thoughts of suicide and connect them with resources that can carry out a full-scale intervention. At the end of the training, you'll have a chance to practice these skills firsthand.

*Marisa Mariella and Halina Saliccioli  
safeTALK Trainers since 2013*



## LivingWorks

**HELP MAKE A  
DIFFERENCE  
IN YOUR  
COMMUNITY**