



SafeTALK Suicide alertness Workshop Oct 13

Sept 20, 2018 - Centre Wellington, ON – For Immediate Release

Suicide is a major public health concern and is among the leading causes of death for many age groups.

SafeTALK is a half-day, suicide-alertness workshop that prepares anyone 15 years of age and older to become a suicide-alert helper. Participants don't need any formal preparation to attend the training.

SafeTALK participants will learn to:

- notice and respond to situations where suicide thoughts might be present;
- recognize that invitations for help are often overlooked;
- move beyond the common tendency to miss, dismiss, and avoid suicide;
- apply the TALK steps: tell, ask, listen and keep safe; and
- know community resources and how to connect someone for further help.

The safeTALK workshop put on by The Centre Wellington Community Foundation take place Saturday, Oct. 13th from 9am to 12:30pm at the Elora Public Library Community Room from. The cost is \$10 per person. For details and ticket(s), visit www.cwcfoundation.ca.

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For more information:

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