

# HELP SOMEONE WHEN THEY NEED IT MOST

## Suicide alertness for everyone

**safeTALK prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.**

Join us for a half-day workshop to learn:

- how to identify the signs of people who may have thoughts of suicide
- the simple yet effective TALK steps: Tell, Ask, Listen, and Keep Safe
- how to connect people to life-saving resources and supports.

**When:** 10.30am—2pm, Wednesday 2 November 2022

**Where:** Cunderdin Sport & Recreation Centre, 1 Lundy Avenue, Cunderdin

**Cost:** FREE, and catering will be provided

**Register:** <https://safeTALKCunderdin.eventbrite.com.au>

**Queries:** [training@mifwa.org.au](mailto:training@mifwa.org.au) or 9237 8900

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