## 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: Tuesday 23 May 2023, 10:30am - 2:30pm
Where: Dowerin Community Club, 35 East St, Dowerin
Cost: FREE, includes morning tea and light lunch
Register: https://safeTALK-Dowerin.eventbrite.com.au
Queries: training@mifwa.org.au or 9237 8900

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