



## CONNECT TO SAFETY AND HELP

Essential training for everyone aged +15 years



### Suicide is preventable. Anyone can make a difference.

safeTALK is a 4-hour training that equips people to be more alert to persons thinking of suicide and better able to connect them with further help.

### ABOUT THE COURSE

In LivingWorks safeTALK you will learn how to reach out to someone thinking about suicide and help them keep safe by promptly connecting them to further support. Your role as a connector is the main focus of this training.

You will also be encouraged and empowered to talk openly with someone about suicide through a 4-step model. Overcoming personal and community attitudes to seeking and providing help is a key theme of this training.

### Connect to safety and help.

#### safeYARN

We offer tailored training for First Nations People delivered by an Indigenous Trainer.

### BOOK NOW:

**Attendance Numbers:** Min 10, Max 30

**Duration:** 4 Hours

**Cost:** \$2,500 incl. tax

*Catering is optional at an additional cost*

**To book or for more information**

**email:** [suicideprevention@thcfa.org.au](mailto:suicideprevention@thcfa.org.au)

### OTHER COURSES AVAILABLE:

- Youth Mental Health First Aid
- Mental Health First Aid
- My Toolbox to Wellbeing
- ASIST & I-ASIST



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Find out more:  
[thcfa.org.au](http://thcfa.org.au)



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