safeTALK
Suicide Prevention Awareness Program

safeTALK is a short, practical half day workshop which encourages suicide alert communities.

The 'safe' of safeTALK stands for 'suicide alertness for everyone'. The 'TALK' is about the fact that clear and open communication is one of the keys to preventing suicide: Tell, Ask, Listen, and Keep-safe. The skills taught in safeTALK are designed to give participants a short, clear process that anyone over the age of 15 can follow to become a 'suicide alert helper' in their own community

**9th of April 2024
Coffs Harbour**

9:30am- 1:30pm.

**Light refreshments served
RSVP by 2nd April
trainer.northcoast@lifeline.org.au**

Lifeline
North Coast

LIVINGWORKS

FREE for community members

**Direct link: https://lifelinenorthcoast.org.au/event/safetalk/2024-02-15/
Phone: 02 6651 4093**