



# safeTALK<sup>®</sup>

*suicide alertness for everyone*

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives.

**Friday, October 20th | 12:30 – 4 pm**

Salt Spring Island Elementary School | 112 Rainbow Rd, Salt Spring Island  
Coffee & treats will be provided at 12:30. The training begins at 1 pm.

**SafeTALK** is a half-day alertness training that prepares anyone over the age of 15, regardless of prior experience or training, to become a suicide-alert helper.

- 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 KeepSafe
- Know community resources and how to connect someone with thoughts of suicide to them for further help

Additional information about this training can be found at

[livingworks.net/programs/safetalk](https://livingworks.net/programs/safetalk)

Please RSVP at Eventbrite

[safetalkssi.eventbrite.com](https://safetalkssi.eventbrite.com)



**doctors  
of bc**

This free session is brought to you by the [Salt Spring Island Local Action Team](#) as part of the Child and Youth Mental Health and Substance Use (CYMHSU) Collaborative, funded in partnership by Doctors of BC and the BC government.

Questions? Please don't hesitate to reach out to Justine Thomson at [jthomson@divisionsbc.ca](mailto:jthomson@divisionsbc.ca)