



C.U.P.E. LOCAL 23

PRESENTS

THE CANADIAN MENTAL HEALTH ASSOCIATION'S SAFE TALK SUICIDE ALERTNESS TRAINING

Talking about suicide can be difficult, however, more so if you have recently been impacted by a suicide attempt or death. We encourage you to take significant time for healing before attending a suicide intervention training.

SafeTalk is a half-day workshop in suicide alertness. Learn to:

- ✓ Notice and respond to situations where suicidal thoughts may 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, KeepSafe.

Saturday, September 23, 2017

9:00 am to 1:00 pm

Registration Deadline: Friday, September 8, 2017

(or until spaces filled)

at CUPE Local 23 Union Hall

114 – 4940 Canada Way, Burnaby

TO REGISTER: Email: admin@cupe23.ca or phone: 604-298-0200

