



Canadian Mental
Health Association
Mental health for all

Association canadienne
pour la santé mentale
La santé mentale pour tous

In recognition of World Suicide Prevention Day,
Monday, September 10th, 2018,

the Canadian Mental Health Association is pleased to offer a community wide safeTALK training at a subsidized rate for the general public.

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

Monday, September 10th 2018 – 9:30 AM – 12:30 PM

\$10.00 (includes workbook, certificate and refreshments)

Fortinos Community Room (1579 Main St. West, Hamilton, ON - 2nd Floor)

Please note all registration forms and payment must be submitted by Tuesday, September 4th 2018.
Registrations will be confirmed by email.

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

“Most people with thoughts of suicide don’t truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive”

- safeTALK-trained helpers can recognize these invitations and take action by connecting them with life-saving intervention resources, such as caregivers trained in Applied Suicide Intervention Skills Training - ASIST

For more information, contact:

Allie Myers at (905) 521 – 0090 ext. 272 or amyers@cmhahamilton.ca