

BECOME SUICIDE-ALERT



safeTALK

suicide alertness for everyone

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

This three-hour training can help you make a difference.

Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

Who should attend safeTALK?

safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth,* teachers, law enforcement, ... anyone who wants to help prevent suicide.

*Youth must be at least 15 years of age to participate

How can I get safeTALK training?

The Catholic District School Board of Eastern Ontario is pleased to offer FREE SafeTALK training to anyone – bus drivers, parents, coaches, Girl Guide Leaders, etc. - interested in learning more about how they can support someone struggling with thoughts of suicide. If you are interested in participating in this free training, please RSVP by emailing or calling Shelley Strickland:

shelley.strickland@cdsbeo.on.ca Phone: 1-800-267-7945 ext. 205

| Date | Time | Location |
|--------------------|----------|--|
| September 21, 2016 | 5-8pm | Holy Trinity CSS - 18044 Tyotown Road, Cornwall |
| October 19, 2016 | 9am-noon | St John CHS – 2066 Scotch Line Road, Perth |
| November 16, 2016 | 5-8pm | St Mary CHS – 40 Central Avenue, Brockville |
| January 11, 2017 | 9am-noon | St Francis Xavier CHS – 1235 Russell Road, Hammond |
| February 8, 2017 | 5-8pm | Notre Dame CHS – 157 McKenzie Street, Carleton Place |
| March 1, 2017 | 9am-noon | St Michael CHS – 2755 Highway 43, Kemptville |
| April 5, 2017 | 5-8pm | St Thomas Aquinas CHS – 1211 South Russell Road, Russell |
| May 3, 2017 | 9am-noon | St Joseph CSS – 1500A Cumberland Street, Cornwall |



safeTALK®

suicide alertness for everyone