



Canadian Mental  
Health Association  
*Mental health for all*

Association canadienne  
pour la santé mentale  
*La santé mentale pour tous*

September 10<sup>th</sup> is World Suicide Prevention Day. In recognition of this important day the Canadian Mental Health Association: Hamilton Branch is pleased to offer safeTALK Training at a subsidized rate of only \$15 per person for the general public!

**BECOME SUICIDE-ALERT**



**safeTALK**

*suicide alertness for everyone*

- 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

DATE: THURSDAY SEPTEMBER 10<sup>TH</sup>, 2015

TIME: Registration begins at 0845am the training will begin promptly at 0900AM and finish at 1200PM

LOCATION: **Stoney Creek Recreation Centre – Meeting Room B**

45 King St W, Stoney Creek, ON L8G 1H7

Phone: (905) 546-2196

TO REGISTER PLEASE GO TO THE CMHA: HAMILTON WEBSITE

<http://www.cmhamilton.ca/>

PLEASE NOTE THAT THERE ARE A LIMITED NUMBER OF SEATS AVAILABLE.  
**THE REGISTRATION DUE DATE IS SEPTEMBER 4<sup>th</sup>, 2015.**