



safeTALK

Suicide Alertness for Everyone

**A half-day workshop to learn
the signs and how to get help
for someone at risk of suicide.**

Learning objectives:

- Move beyond common tendencies to miss, dismiss, or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen, and KeepSafe) to connect a person with thoughts of suicide to suicide first aid intervention caregivers

June 7 8:30am-12:30pm

OR

June 23 1:00pm-5:00pm

PLEASE NOTE THIS WORKSHOP IS IN-PERSON

PE 264, 1st Choice Savings Centre for
Sport and Wellness

4401 University Drive, Lethbridge Alberta

Contact: Counselling Services to register
counselling.services@uleth.ca