



# 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

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**October 7** 1:00pm – 4:30pm

Or

**October 28** 1:00pm – 4:30pm

M1030, Markin Hall, University of  
Lethbridge

4401 University Drive, Lethbridge Alberta

To Register Contact: Counselling Services  
[counselling.services@uleth.ca](mailto:counselling.services@uleth.ca)