



# Learn life-saving skills with safeTALK

Keep others safe through difficult times.

LivingWorks safeTALK is a half day presentation to increase suicide awareness. This program alerts participants to the signs that a person may be considering suicide.

## safeTALK can help you:



Become more comfortable talking about suicide



Support friends and co-workers in times of distress



Build professional skills

## Features of safeTALK:



High-quality content



Application of basic TALK steps (Tell, Ask, Listen and Keepsafe)



Ways to connect someone to further support



**Date:** Thursday 25 May 2023  
**Time:** 9.00am—1.00pm  
**Venue:** Armidale City Bowling Club  
92-96 Dumaresq Street, Armidale  
**Cost:** \$0  
**Book:** [ONLINE HERE](#)  
**Enquire:** Mariea Stannard  
mariea.stannard@lifeline.org.au

This project received grant funding from the Australian Government

If you have lost someone to suicide in the last year or so, please speak with one of our training team members before participating in safeTALK. We recommend that you delay your participation although we do appreciate that everyone grieves differently.

For more information about safeTALK, visit [www.livingworks.com.au/programs/safetalk](http://www.livingworks.com.au/programs/safetalk)



If you or someone you know needs support Lifeline is here to help



Call - 13 11 14



Chat - [lifeline.org.au](http://lifeline.org.au)



Text - 0477 13 11 14