



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

You are Invited to Attend: **SafeTALK** (Suicide Alertness for Everyone)

No cost

Pre-registration is required

Email or Fax back the registration form and once registration is confirmed details such as location and parking will be provided.

2013/14 SESSION CHOICES:

(first come basis, maximum 20 per session)

September 12, 2013, 1pm-4:30pm

November 5th, 2013, 1pm-4:30pm

January 23rd, 2014, 9am- 12noon

April 10th, 2014, 9am- 12noon

What is SafeTALK?

SafeTALK is a 3 hour workshop, where you will learn:

- ✓ To be Suicide Alert Helpers
- ✓ To be aware that opportunities to help a person with thoughts of suicide are sometimes missed, dismissed and avoided.
- ✓ To use the *TALK* steps (*Tell, Ask, Listen and KeepSafe*).

As a part of the KeepSafe step, you will find out where to connect persons with thoughts of suicide to Trained Helpers in the community.

This workshop is for EVERYONE and ANYONE

interested in helping others in the community.

*Registration form is available by contacting Jaspreet @ 204-940-3681



SafeTALK

FAX BACK REGISTRATION FORM

REGISTRANT INFORMATION: (please complete all information)

Name: _____ Position: _____

Community Area or Organization: _____

Contact Info: Phone #: _____ Fax #: _____
Email address: _____
Mailing address: _____
(Address including Postal Code)

SESSION REGISTERING FOR:

- September 12 1:00 – 4:30pm @ 601 Aikens – Main floor boardroom
- November 5 1:00 – 4:30pm @ 3-1050 Leila Ave – Room 121
- January 23 9:00 – 12:00pm @ Transcona Access Centre – Rm 165
- April 10 9:00 – 12:00pm @ 6-845 Dakota Street – Youville Centre, Room 21

PLEASE FAX OR EMAIL REGISTRATION TO:

Administrative Support
Mental Health Promotion
Winnipeg Regional Health Authority
FAX: 940-3246
Email: WRHAMentalHealthPromotion@wrha.mb.ca