



# Suicide Alertness for Everyone

Presented by Michelle Graeber (ARCVic CEO) and supported by Wimmera PCP

In this 3.5 hour workshop, you will learn how to become a suicide alert helper and be better prepared to:

- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, & KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid resources and further community resources

safeTALK is run by registered LivingWorks trainers and uses internationally standardized learning materials.

<b>Date:</b>	Thursday 10 <sup>th</sup> of October
<b>Time:</b>	1.30 to 4.30pm
<b>Venue:</b>	40 Bennett Rd, Horsham Vic. 3400 West Side Horsham Racecourse at the FUNCTION ROOM
<b>COST:</b>	<b>FREE &amp; BOOKINGS ESSENTIAL!</b>

**For further information or to register** contact the  
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