



safeTALK

suicide alertness for everyone

Fri Aug. 6

Log Bldg

Swits

9:30am

A half-day training course that can help you make a difference.

KNOW WHAT TO DO IF SOMEONE IS THINKING ABOUT SUICIDE BY FOLLOWING THE EASY TO REMEMBER TALK STEPS - TELL, ASK, LISTEN AND KEEP-SAFE. THESE PRACTICAL STEPS OFFER IMMEDIATE HELP TO SOMEONE HAVING THOUGHTS OF SUICIDE AND HELPS YOU BOTH MOVE FORWARD TO CONNECT WITH MORE SPECIALISED SUPPORT.

- IDENTIFY PEOPLE THINKING OF SUICIDE, OVERCOME BARRIERS IN TALKING ABOUT SUICIDE.
- IDENTIFY REASONS WE MAY MISS, DISMISS OR AVOID SUICIDE.
- PRACTICE USING THE 4-STEP MODEL OF SUICIDE ALERTNESS.
- CONNECT PEOPLE AT RISK OF SUICIDE WITH FURTHER APPROPRIATE HELP.

I WILL BE AVAILABLE TO OFFER SUPPORT AND WILL WORK HARD TO CREATE AN OPEN AND HONEST LEARNING ENVIRONMENT, WHILST HAVING SOME FUN.



MEET THE TRAINER

Tristen is an Anishinaabe-Dene facilitator, advocate, and entrepreneur from Shawanaga First Nation Ojibway Territory. She is a forthcoming young woman distinct in various trilateral political advocacy work for First Nations Youth focused on Mental Health & Life Promotion initiatives through previous networks; the Independent First Nations, Ontario First Nations Young People's Council, Feathers of Hope: Justice & Juries Youth Advisory, Chiefs of Ontario, and the Thunderbird Partnership Foundation.

THE TRAINING IS FOR ANYONE OVER THE AGE: 15+

THIS IS A SAFE & BRAVE SPACE.

THE TRAINING SESSION IS BETWEEN 3-4 HOURS.

CULTURAL SUPPORTS THROUGHOUT