

**Become an Alert Helper  
Free safeTALK workshops subsidized by Ottawa Public Health**

Learn four basic steps to recognize persons with thoughts of suicide and connect them with suicide helping resources.

**Why come to safeTalk?**

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided – leaving people more alone and at greater risk. safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and KeepSafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

safeTALK , a half a day workshop is offered by certified trainers to a minimum of 15 and a maximum of 30 people.

**Who should attend safeTALK?**

These subsidized safeTALK workshops are being offered to youth service providers, youth over the age of 15, parents, volunteers and camp counsellors who want to help prevent suicide.

**These safeTALK workshops can be offered free at the location of your choice.**

**For more information and for a workshop booking, please email Renée Ouimet at rouimet@cmhaottawa.ca.**

We will be asking you to provide us with preferred dates and times, a list of registered participants as well as hosting the training . **This only involves providing a training room and equipment at a location of your choice.**

**We hope that we may be able to provide community space.**