

**Canadian Mental Health Association , Ottawa Branch in collaboration with the Ottawa Suicide Prevention Coalition is conducting a Free safeTALK workshop on December 12th, 2013 .**

**When and Where ?**

**December 12th, 2013**

**1:00 pm to 4:30 pm**

**CMHA, Ottawa Branch**

**1355 Bank Street , Suite 402 in Room A**

**Become an Alert Helper**

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?**

This workshop is open to anyone over the age of 15.

**For more information and to register, please call 613 737-7791 or email at reception@cmhaottawa.ca**