

Mental Health and Safety Training

1/2 day accredited training in suicide prevention

PLUS

1/2 day mental health awareness training



safeTALK

Suicide Alertness For Everyone - a half-day workshop that prepares anyone over the age of 15 to become a suicide-alert helper.

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. safeTALK-trained helpers can recognise these invitations and take action by connecting people with life-saving intervention resources.



Mental Health Awareness

1 in 5 Australians will experience a common mental illness this year.

Depression and anxiety are the most common mental illnesses, and substance use can often create additional challenges. Learn how to recognise when someone might be struggling with a common mental illness, and apply the safeTALK model to intervene and connect your friend or colleague to the support they need.

This one-day course includes:

- A manual to take home
- Resources to help connect people to the support they need
- Ideas and inspiration to look after yourself
- Morning tea and lunch
- An opportunity to gain the confidence to be there for your friends, family, colleagues and community.



JB

JONATHAN BEDLOE

Training | Facilitation | Collaboration

0429 581 095

jb@jonathanbedloe.com

**Book your
place here**

