



# safeTALK

**For parents and guardians of WRDSB students.**



## **Training Details:**

**This training is for parents and guardians of WRDSB students.**

**Training start and end times are firm. Please arrive on time.**

**You must attend the entire session to receive certification in safeTALK.**

**Date: Nov. 24, 2016**

**Time: 6:00 pm – 9:00 pm**

**Location: Galt Collegiate Library**

**How to Register?**

**<https://galtsafetalk.eventbrite.ca>**

**Registration limited to the first 30 participants.**

**Please contact Barbara Ward for more information if needed at**

**[Barbara\\_ward@wrdsb.on.ca](mailto:Barbara_ward@wrdsb.on.ca)  
519-570-0003 ext. 4558**

## **What is safeTALK?**

safeTALK is a 3 hour alertness workshop that prepares participants, regardless of prior experience or training, 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 recognize these invitations and take action by connecting them with life-saving intervention resources. Suicide alert community members are better prepared to become a vital link in connecting persons at risk with further help.

## **What are the Goals and Objectives of safeTALK?**

Recognize that invitations to help are often overlooked  
Move beyond common tendencies to miss, dismiss and avoid suicide  
Notice and respond to situations in which thoughts of suicide may be present  
Apply basic TALK steps (Tell, Ask, Listen and KeepSafe)  
**Refer to the website for more information on safeTALK training at**  
**<https://www.livingworks.net/programs/safetalk/>**

## **What can I expect from safeTALK training?**

Your safeTALK trainer will demonstrate the importance of suicide alertness and help you identify ways people invite help when they're at risk. safeTALK's steps provide a simple yet effective method to engage with people at risk and connect them with resources that can carry out a full-scale intervention. At the end of the workshop, you'll have a chance to practice these skills firsthand. All in all, you can expect to leave safeTALK with practical knowledge of how to identify someone at risk and link them to life-saving resources. This safeTALK training is part of the WRDSB Mental Health Strategy, and the Waterloo Region Assembly of Parent School Councils. It is offered in collaboration with the Canadian Mental Health Association and the Waterloo Region Suicide Prevention Council and made possible through the Ministry of Education Parents Reaching Out Grant. The training will be delivered by a WRDSB staff member and a parent who are both trained in safeTALK.