



Canadian Mental
Health Association
Nova Scotia
Mental health for all



Accredited
IMAGINE CANADA

Learn and practice powerful, life-changing skills in just 4 hours.



safeTALK

Suicide Alertness for Everyone

safeTALK trains participants to:

- ➔ **Connect with someone experiencing thoughts of suicide.**
- ➔ **Connect them to someone trained in suicide first aid.**

Most people with thoughts of suicide invite help. Often these opportunities are missed, leaving people more alone and at greater risk.

Trusted by professionals, approved by the World Health Organization and learnable by anyone, Suicide Alertness for Everyone [safeTALK] equips people to be more alert to someone thinking of suicide and better able to connect them with further help.

With over 120,000 people attending each year, safeTALK is the world's fastest-growing suicide prevention skills training course.

All participants will receive a certificate at the end of the course.

**Please Note: safeTALK is not suitable for those who have recently been seriously impacted by suicide.*

To book your workshop contact our Education and Training Team today!

By Email: education@novascotia.cmha.ca

By Phone: 1-877-466-6606 x 401

