



Suicide Prevention Training for Individuals Who Work with Youth

Who? Individuals 15 years and older who work or volunteer with youth

What? A safeTALK suicide awareness workshop (in English) that helps participants:

- Recognize thoughts of suicide
- Apply the TALK steps (**Tell, Ask, Listen, KeepSafe**) to connect a person to suicide support

When? Monday, March 9

- 1:15 PM – 4:30 PM
- OR
- 5:00 PM – 8:15 PM



Where? Ben Franklin Place: 101 CentrepoinTE Drive, Nepean, Ontario, K2G 5K7

To Register Email mentalhealthteam@ottawa.ca and indicate:

- The organization you work with
- Which session you will be attending
- If you are between 15 and 18 years old or if you are 18 years old or older.

This workshop is not recommended for those who have thoughts of suicide or who have recently lost someone to suicide.

Suicide can be prevented. Most people who have suicidal thoughts or have attempted suicide do not die by suicide. Many recover and live full, meaningful lives. (CMHA, 2021)