



**Make a connection.**

# Help save a life.

**Suicide is preventable. Anyone can make a difference.**

- Half-day training in suicide alertness skills
- Learn four basic steps to create a life-saving connection
- Widely used by professionals and the general public

## **safeTALK for friend or family member of someone with mental ill health**

Date : Friday, 4th December 2020

Time : 9 am to 1 pm. Morning tea will be provided

Location : Tamar Valley Room, Albert Hall (corner of Tamar & Cimitero St)

Hosted by : mental health families & friends TASMANIA and City of Launceston

Eligibility : Friend or family member of someone with mental ill health are encouraged to attend.

Cost : Free

To inquire or register,

call Samina on 03 6323 3352 or email [Samina.Alam@launceston.tas.gov.au](mailto:Samina.Alam@launceston.tas.gov.au)

*\* It is not recommended for individuals recently bereaved by suicide.*



Your trusted voice in mental health



City of  
**LAUNCESTON**

