



Canadian Mental
Health Association
Kelowna



LIVINGWORKS

safeTALK

Offered by CMHA Kelowna

LivingWorks safeTALK is a four-hour training that helps people be more alert to suicide risk and better able to connect others with support. Using a simple, effective model, it empowers everyone to make a difference. In safeTALK, you'll learn how to reach out to someone thinking about suicide and help keep them safe by quickly connecting them to further help.



**Help contribute to a suicide safer
community. Sign up your
classroom or workplace!**

Offered to ages 15 +

REGISTER NOW

education@cmhakilowna.org

www.cmhakilowna.org

250-861-3644