



HELP MAKE A DIFFERENCE

SafeTALK prepares you with four basic steps to recognize people with thoughts of suicide. By using TALK (tell, ask, listen and keep safe), you can engage people and connect them with further help and care.

SafeTALK is for volunteers, parents, youth (16+), teachers, front line workers, clergy, law enforcement or anyone who wants to help prevent suicide.

Take the three-hour training and help make a difference.

To register, please contact:

CMHA Kenora Branch
807-468-1838 ext. 229
office@cmhak.on.ca



Canadian Mental
Health Association
Kenora
Mental health for all



safeTALK