



MEDIA RELEASE

5 September 2019

Sign up for free suicide prevention training

Next week is R U OK Day and many of us will be checking in on each other and having conversations about mental health, but did you know there's training that can help you better recognise and respond to those at risk?

SafeTALK is a free workshop, being offered by Melton City Council in partnership with North Western Primary Health Network, which can help you to identify the signs that someone is having suicidal thoughts and teach you how to help.

The half-day program will take you through the four 'TALK' actions: Tell, Ask, Listen, and KeepSafe.

It's suitable for anyone over the age of 15, whether you want to be able to spot the signs that a loved one needs help, or support someone in your day-to-day life from colleagues to students and more.

With Mental Health Week approaching, City of Melton Mayor Cr Bob Turner said it was timely that people secure their place in this important program.

"This R U OK Day, I know many residents will be checking in on each other, and I hope they'll also register for SafeTALK training," Cr Turner said.

"Just half a day will prepare you to recognise the warning signs that someone may be at risk, confidently ask them about suicide, and connect them with resources that can help them stay safe.

"Having the ability to see those who need help, and to say something that resonates with them could make a world of difference to someone you know."

A registered trainer will deliver the program on Monday 21 October during the Melton Lifelong Learning Festival – 10 days of free educational activities and events for all age groups, abilities and interests. SafeTALK participants will have the choice of two session times, 10.30am – 2pm, or 5pm – 8.30pm.

A Thriving Community Where Everyone Belongs



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FREE SafeTALK Training

Date: Monday 21 October

Time: Workshop One, 10.30am – 2pm OR Workshop Two, 5pm – 8.30pm

Location: Hillside Community Centre, Recreation Reserve, Royal Crescent, Hillside

Bookings essential: melton.vic.gov.au/safetalk

Details on the Melton Lifelong Learning Festival, including this event and more, can be found at meltonlearning.com.au/festival/

ENDS

Melton City Council media enquiries (not for publication): Kylie Kitchen – Media and Communications Officer on (03) 9747 7132.