

# FREE FULLY FUNDED SafeYARN WORKSHOP @ OAMS

## WHAT WILL YOU LEARN?

SafeYARN/TALK is a highly regarded four-hour workshop designed to teach suicide alertness skills, helping participants identify early warning signs of suicide and connect individuals with safe resources. You'll learn to:

- Recognise when someone might be contemplating suicide
- Initiate a conversation and direct a person to a suicide-safe resource
- Feel more confident in supporting our community, friends, family, and colleagues

## WHO SHOULD ATTEND?

SafeYARN is suitable for anyone aged 16 and older who wishes to contribute to keeping others safe from suicide. No prior experience or training is necessary. Whether you are a friend, parent, teacher, co-worker, caregiver, or community member, everyone can play a vital role in suicide prevention.

## What to Expect?

- Indigenous trainers to ensure cultural safety
- Engaging educational videos to enhance learning
- A supportive environment to begin discussions about suicide

**Date:** Thursday 5 March

**Venue:** Orange Aboriginal Medical Service

**Time:** 10.00am to 2.00pm

**Catering will be provided**

**Contact:** Casey Naden

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We look forward to seeing you there!!!

