



# Media Release

31 May 2018

## **Safe talk your way to suicide prevention at free community workshops**

Suicide prevention is the aim of a series of free safeTALK workshops to be held in the City of Cockburn this year.

The City has received \$16,280 from the State Government through the Mental Health Commission to hold six free workshops to help build suicide intervention awareness and resilience in our community.

The workshops are for people aged 15 and over wanting to learn more about identifying the signs that someone they know – a family member, friend, colleague or client – may be considering suicide, and what life-saving supports are available.

While the workshops are open to everyone, they aim to capture a number of priority populations, including people from Culturally and Linguistically Diverse (CaLD) backgrounds, people who are socially disadvantaged, Aboriginal and Torres Strait Islander people, the Lesbian, Gay, Bi, Trans, Queer, Intersex, Asexual (LGBTQIA) community, and men of all ages.

The first workshop, targeting people and support networks from the CaLD community will be held 9am-1pm on 21 June at Yangebup Family Centre, Dunraven Drive. A crèche will be available.

This will be followed by workshops on:

- 1 August (9am-1pm) at Cockburn Integrated Health, Wentworth Parade, Success. Creche available and transport assistance available on request.
- 9 August (9am-1pm) at the Ottey Centre, South Lake Drive, South Lake. Transport assistance available on request.
- 8 September (9am-1pm) at Cockburn Integrated Health, Wentworth Parade, Success. Auslan interpreter available.
- 12 October (3pm-7pm) at Cockburn Youth Centre, Wentworth Parade, Success and



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- 13 November (9am-1pm) at Cockburn Community Men's Shed, 2 Sullivan Street, Cockburn Central.

Delivered by suicide intervention trainer Living Works Australia, the half-day safeTALK workshops are part of \$188,000 State Government training grants provided to 12 community organisations in WA to help prevent suicide.

Bookings for the 21 June CaLD workshop are essential. Please RSVP by emailing [customer@cockburn.wa.gov.au](mailto:customer@cockburn.wa.gov.au) or call 08 9411 3444 before.

If you, or someone you know, are at risk of suicide or need someone to talk to, please contact:

- Lifeline: 13 11 14
- Samaritans Help Line: 135 247
- Suicide Call Back Service: 1300 659 467
- Kids Helpline: 1800 55 1800

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