



Rainbow

SafeTALK Program

SafeTALK Suicide Prevention Training

The Mental Health Coach has partnered with QHub in Ballarat to provide SafeTALK suicide prevention skills training for LGBTIQ+ people and their allies, from Ballarat and the surrounding areas.

What you'll learn:

SafeTALK's presentation aims to raise awareness about suicide and educate community members on identifying signs of suicide risk. The program emphasises that individuals at risk often display distress signals and seek help, but these signals are frequently overlooked, leading to missed opportunities for intervention.

Participants learn to recognise signs of suicidal thoughts and respond by connecting the person with further intervention help. Suicide alert helpers contribute to a suicide safer community.

After this workshop, you will be better prepared to:

- Recognise signs of suicide
- Engage in open conversations about suicide
- Overcome barriers to help, including attitudes and beliefs
- Learn the *TALK* Model (Tell, Ask, Listen, KeepSafe) for connecting to support
- Connect with intervention resources
- Build a safety network around individuals with suicidal thoughts.

The program is designed to support the mental health needs of young LGBTIQ+ individuals by equipping peers with skills to identify and respond to signs of suicide.

Participants will undergo LivingWorks SafeTALK training to learn how to recognise those at risk, have life-saving conversations, and connect peers with support services. The program includes six months of post-training mentoring from The Mental Health Coach to provide ongoing support.

Based on evidence-based practices and the collective expertise of mental health professionals and individuals with lived experience, this course is crucial for anyone dedicated to making a real difference in their community.

Who can take part?

Our program is focused on supporting young people aged 16-25. To be eligible, you need to be one of the following:

- Aged 16 to 25 and identifying as part of the LGBTIQ+ community (or questioning if you might be); **OR**
- Be connected to a person like those described above.

You could be a friend, family member, ally, or a professional over 25, such as a youth worker, counselor, community leader, or teacher, who supports young LGBTIQ+ individuals.

If you aren't quite sure you're eligible, please apply anyway and we'll get in touch with you to work it out.

Where, when and how much?

- Central Ballarat location (specific location disclosed upon booking).
- 16th April 2025, from 10 AM to 3 PM.
- Snacks provided. Feel free to mingle with other participants after the training concludes.
- You are invited to this free training session - *there's no cost to participate!*

Workshop spots are limited and subject to availability, so be sure to apply early to secure your place!



To register your interest, scan the QR Code or [Click Here](#)

For more information, contact us via the following options:



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