



Rainbow safeTALK

Suicide Alertness Program

The Mental Health Coach is thrilled to partner with the City of Darebin through the HEY (Healthy Equal Youth) Grant to offer a complimentary safeTALK suicide prevention skills training workshop. This specialised program highlights the unique mental health support needs and experiences of LGBTQIA+ young people, equipping peers and allies with evidence-based tools to identify signs of suicide risk, hold critical conversations, and guide their peers towards the help they need.

What will you 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 will learn to recognise signs of suicidal thoughts and connect individuals with further help, contributing to a suicide-safe community. After the workshop, safeTALK participants will be better prepared to:

- Recognise the warning signs of suicide
- Engage in open discussion about suicide
- Overcome barriers to seeking help
- Understand and implement the TALK Model: (Tell, Ask, Listen, KeepSafe)
- Connect with intervention resources
- Build a supportive safety network for individuals experiencing suicidal thoughts

The program supports young LGBTQIA+ individuals' mental health by training peers in suicide prevention through LivingWorks SafeTALK. Participants learn to identify risk, engage in life-saving conversations, and connect peers with support services.

The program also includes six months of post-training mentoring from The Mental Health Coach to provide ongoing support. Grounded in evidence-based practices and expert insights, this course is essential for those committed to making a real difference in their community.

Who can take part?

- People aged 16-25 who identify as LGBTQIA+ or are questioning their identity;
- Their allies and support networks (friends, family, allies, or professionals (e.g. youth workers, counsellors, teachers)).

Participants over 25 years of age will need to show a Working With Children's check on the day of training. If you don't have one, apply anyway and we will help you through the process.

If you're uncertain about your eligibility, please apply anyway, and we'll assist you.

Where, when and how much?

Location: Central Preston location (venue details provided upon booking)

Date: Saturday 13th September, 2025, from 10 AM - 3 PM

Cost: Free, with no attendance cost!

To express your interest, scan the QR code or click [here](#).

For further information, reach out to us using the options below:

 0493 063 530

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This workshop is delivered by The Mental Health Coach in partnership with the City of Darebin and is supported by the Victorian Government through the Healthy Equal Youth program.

