

## **MEDIA STATEMENT**

22 February 2023

### **Free Half Day Suicide Prevention Training Program 'safeTALK' Available to Northside Community on February 27<sup>th</sup> 2023**

**Free 'safeTalk' suicide prevention training is available to anyone over the age of 15 in the Northern Sydney region, from the Sydney North Health Network office in Chatswood.**

Delivered by LivingWorks, the free, half day training sessions in suicide alertness helps community members to recognise a person experiencing suicidal thoughts and assist with connecting them to resources that can help them choose to live.

safeTALK participants learn to notice and respond to situations where suicidal thoughts may be present and apply the T A L K care steps: Tell, Ask, Listen and KeepSafe.

Sydney North Health Network has partnered with the LivingWorks to deliver these training sessions. LivingWorks is an organisation dedicated to keeping communities safe from suicide. Their caring team is guided by their values and quality commitment to help keep communities everywhere safe from suicide through an industry-leading approach to suicide prevention.

Prior registration is required.

To attend the two remaining safeTALK community training sessions being delivered as part of the current funding agreement:

**Morning session - SNHN (NSPHN) safeTALK Chatswood NSW on Monday 27 Feb 2023 at 9am.**

**To register visit:** <https://www.trybooking.com/BZYIP>

**Afternoon session - SNHN (NSPHN) SafeTALK Chatswood NSW on Monday 27 Feb 2023 at 1pm.**

**To register visit:** <https://www.trybooking.com/CDSCY>

- Ends -

**ABOUT: Sydney North Health Network** <https://sydneynorthhealthnetwork.org.au/>

The Northern Sydney Primary Health Network, operated by the Sydney North Health Network – a not-for-profit organisation – is one of 31 Primary Health Networks (PHNs) established by the Australian Government to increase the efficiency and effectiveness of medical services for the community. Our focus is on patients who are at risk of poor health outcomes. We work to improve the coordination of their care, so they receive the right care, in the right place, at the right time.

About LivingWorks <https://www.livingworks.com.au/about-us/our-vision/>

LivingWorks is a mission-driven organisation with an industry-leading approach to suicide prevention: we want to empower everyone to play a role. Guided by our values and our commitment to across-the-board quality, we're here to help keep communities everywhere safe from suicide.

## **MEDIA ENQUIRIES**

**Contact: Damien Long** 02 9432 8231 or a/h 0403 821 307 E: [dlong@snhn.org.au](mailto:dlong@snhn.org.au)

**Address:** Level 5, Tower 2, 475 Victoria Ave, Chatswood NSW 2067

**Mail:** PO Box 1083, Chatswood NSW 2057

**Phone:** (02) 9432 8250

**Fax:** (02) 8088 4770

**Email:** [info@snhn.org.au](mailto:info@snhn.org.au)

**[www.snhn.org.au](http://www.snhn.org.au)**