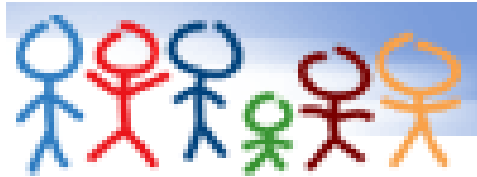


September 10<sup>th</sup> is **World Suicide Prevention Day** and around the world, numerous events, conferences, campaigns and local activities are held to increase awareness of the problem of suicide and the many ways we can work to reduce suicide rates.



## **DO YOU KNOW HOW TO HELP SOMEONE WHO IS AT RISK OF SUICIDE?**

On **World Suicide Prevention Day** 10<sup>th</sup> September - Lifeline Darling Downs and South West Qld Ltd is holding SafeTALK presentations to increase community awareness of suicide and how to respond.

A 3 hour SafeTALK presentation will help you to:

- recognise when someone is at risk of suicide
- make sure you don't miss, dismiss or avoid talk of suicide
- respond when someone tells you they have thoughts of suicide
- connect a person with thoughts of suicide to appropriate help

**When:** Wednesday 10<sup>th</sup> September  
**Where:** 17 Long St Toowoomba  
**Time:** There are 2 separate sessions to choose between:  
**either** 9.30am till 12.30 **or** 5.30pm till 8.30pm

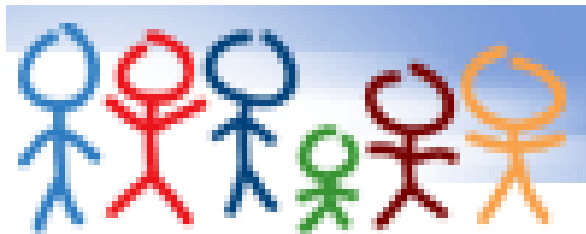
The true cost is over \$20 for each person but we are able to provide this for free due to generous donations from **Burstows Funerals and the ANZ Bank Toowoomba**

### **RSVP / More Information**

Cath Leask: Lifeline Darling Downs and South West Qld [cleask@lifelinedarlingdowns.org.au](mailto:cleask@lifelinedarlingdowns.org.au)  
Phone: 46 875121 Fax: 46136342 Mobile: 0428282628

Numbers are limited so please RSVP before Friday 5<sup>th</sup> September.





## SafeTALK RSVP

Wednesday 10<sup>th</sup> September  
17 Long St Toowoomba

Surname \_\_\_\_\_

First Name \_\_\_\_\_

Phone no's \_\_\_\_\_

Email \_\_\_\_\_

Postal Address \_\_\_\_\_

Session you would like to attend:

- 9.30am till 12.30
- or**
- 5.30pm till 8.30pm

**Please either:**

**Fax form to:** 46 136342

**Send form to:** Cath Leask,  
Lifeline Darling Downs and SW QLD Ltd  
PO Box 2119 Toowoomba Q 4350

**Ring:** Cath Leask on 46875121 or 0428282628

**Before Friday 5<sup>th</sup> September**

For further information contact Cath Leask email: [cleask@lifelinedarlingdowns.org.au](mailto:cleask@lifelinedarlingdowns.org.au)  
Phone: 46875121                      Mobile: 0428282628                      Fax: 46136342