



# mental health & wellbeing local

Free support in your community



## Free Suicide Prevention Training

### practice to help you know what to say

Safe, evidence based, information and skills practice to increase your confidence talking to someone thinking of suicide.

Information on how to access private, personal support for yourself or a loved one will be available.

#### People making a difference with safeTALK



Coaches and Athletes



Military Personnel



Firefighters



Educators



Volunteers



Medical Professionals



Construction Workers



Police, Correction Officers



Faith Community Members



Friends and Family



Counselors, Social Workers, Clinicians



Community Members



EMTs and Paramedics



Service Industry



Students



Workplace

For more information on your Mental Health and Wellbeing Local visit [betterhealth.vic.gov.au/mhwlocal](http://betterhealth.vic.gov.au/mhwlocal) or call 1300 000 352

#### Event Details

**When:**

10.00am - 2.00pm  
Tuesday 15th April

**Where:**

Bendoc Community Centre

**RSVP and additional info:**

REGISTRATIONS ESSENTIAL

Questions or registrations  
Call or Text  
Susie 0476 112 665



Mental Health and Wellbeing Local respectfully acknowledges the traditional custodians of the lands and waters of Australia.

We are committed to inclusive communities and the contribution of lived experience in mental health.