



BULLETIN

# Workplace Psychological Health and Safety Workshop

October 24, 2017

To register for this workshop please go to <http://events.hsabc.org/>

## WHEN

**Jan 31, 2018**

8:30 am - 9:00 am Breakfast

9:00 am - 5:00 pm Workshop

## Where

HSA Training room

## AGENDA

8:30 am - 12 pm

Psychological Health and Safety

Many workplaces where HSA members work are required to implement the CSA Standard on Psychosocially Healthy and Safe Workplaces. Others will do so willingly or because their workplaces have become risks to the mental health of the workers. Participants will become familiar with the Standard and will learn how HSA members will participate in implementation.

1:00 pm to 5:00 pm

safeTALK

safeTALK is a half day workshop teaching participants to be alert to the signs of suicide and to connect people with the help they need. Most people with thoughts of suicide don't truly want to die, but are struggling with situations that seem overwhelming and they cannot seem an end to the pain. Their actions and words may be asking for help. At the end of this workshop, participants will be familiar with the signs and know how to connect people with resources to help.

**There is a 25 class participant maximum, so it is advised to sign up early to save your spot! Lunch will be provided.**

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