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## MEDIA RELEASE

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For immediate release:

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### High school hosts safeTALK suicide awareness program for P&C

With the release tomorrow of the Fifth National Mental Health and Suicide Prevention Plan, the time is ripe for public education about suicide awareness and prevention - which two Lifeline volunteers will deliver at Asquith Girls' High School this weekend (August 5).

It is the first time that safeTALK presenters, Di Fletcher and Denny Woodburn, will present the safeTALK suicide awareness program to a state school in the Harbour to Hawkesbury region.

Di and Denny will talk to members of Asquith Girls' and Asquith Boys' High Parents' and Citizens' Associations, covering topics such as recognising the signs of suicidality, how to start a conversation with someone who might be depressed or feeling suicidal, how to ensure their safety or get them to a safe place and seeking treatment.

"Delivering this information to schools is so important because it will allow parents and citizens to be part of the often-taboo topic of suicide and it should help them engage with their children, friends and colleagues on this difficult subject," Di Fletcher said.

"The consequences of ignoring the signs or not recognising 'invitations' for help - which can be very subtle and hard to pick-up, or just feeling too embarrassed to talk about it - can be devastating and tragic.

"Our suicide rate is far too high, especially among young people."

Di Fletcher and Denny Woodburn have been presenting safeTALK for the past seven years to workplaces, local councils, community groups and recently to a group of Federal, State and local government politicians.

Saturday's three-hour safeTALK presentation will begin at 10 am in the library at Asquith Girls' High School, Stokes Avenue, Asquith.

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