



## **Welcome our new heroic safeTALK facilitators**

Last week marked a significant milestone for zero2hero as two of our heroes, Gemma and Sophia, travelled to Victoria to undergo intensive training to become safeTALK facilitators.

This training, provided by Livingworks, equips individuals with the necessary skills to conduct safeTALK workshops, creating a network of informed heroes who can help people be more suicide-aware and make a difference in their communities.

safeTALK is a half day evidence-based program that our facilitators can deliver to anyone over the age of 15, regardless of prior experience, to become an accredited suicide-alert helper and comfortably have important conversations about mental health and suicide with those who may need some support.

With Gemma and Sophia's successful completion of the training, zero2hero now boasts a team of five trained facilitators ready to make an impact and deliver the safeTALK program to heroes around Australia.

This expansion in facilitator base demonstrates our commitment to empowering individuals and spreading mental health awareness throughout Australia. In 2022 alone, we successfully delivered safeTALK workshops to 218 students across Western Australia, and witnessed the power of knowledge as these young minds became equipped to recognize and respond to mental health struggles among their peers.

We are proud to also announce our official partnership with Livingworks NSW. We've secured a contract to deliver 75 safeTALK workshops in NSW over the next 12 months, as part of the NSW government's Mental Health Recovery Package. This groundbreaking initiative, backed by a record-breaking investment of \$130 million in mental health support following the pandemic, aims to train 275,000 people in NSW in safeTALK over a span of two years.

These workshops will specifically target high school teachers, parents, youth influencers, community groups, peer leaders and frontline workers. By equipping these key stakeholders with the necessary skills and knowledge, zero2hero is working with Livingworks to create a network of mental health advocates who can provide support and make a lasting impact in their communities.

With the continued dedication and expertise of Gemma, Sophia, and the entire zero2hero team, the safeTALK program will play a pivotal role in ensuring that communities across Australia have the knowledge and skills necessary to support young people and their mental health.

For more information on the safeTALK program, or to request we deliver the program in your school, workplace or community organisation, please visit <https://www.zero2hero.com.au/program/safetalk/> or reach out to [schools@zero2hero.com.au](mailto:schools@zero2hero.com.au).