



safeTALK
suicide alertness for everyone

safeTALK Training Course

Wednesday 23rd October

1.30pm – 5.00pm

Colaiste Dun Iascaigh



What is safeTALK?

safeTALK is a 3.5 hours training programme that prepares participants over the age of 18 to identify persons with thoughts of suicide and connect them to a suicide first aid resource.

safeTALK prepares participants to be a suicide helper. Most people with thoughts of suicide invite help. Often these opportunities to help are missed, dismissed or avoided.

safeTALK training prepares participants to help by using the steps of **TALK** (**Tell, Ask, Listen and Keep**) to identify and engage with people who are contemplating suicide and to connect them with further help and care.

For more information contact:

The Regional Suicide Resource Office

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