HSE: safeTALK (Suicide Alertness for Everyone) - Tullamore (https://www.activelink.ie/node/111037)

SafeTALK: Suicide Alertness Programme

SafeTALK is a half-day alertness training that prepares attendees, regardless of prior experience or training, to become a suicide-alert helper. Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. Through their words and actions, they invite help to stay alive. SafeTALK-trained helpers can recognise these invitations and take action by connecting them with life-saving intervention resources. SafeTALK-trained helpers are an important part of suicide-safer communities, working alongside intervention resources to identify and avert suicide risks.

Participants learn how to provide practical help by using the steps of TALK (Tell, Ask, Listen and Keepsafe) and also gain information on the supports and resources available locally, regionally and nationally.

The four basic steps of TALK (Tell, Ask, Listen and Keepsafe) are called 'suicide alertness skills' and are taught with the expectation that the person learning them will use them to help save lives and reduce suicide risk in their community.

Date: 10th December

Location: Tullamore

Time: 9:15am – 12:45pm.

More Information: https://bookwhen.com/suicidepreventiontrainingmidlands/e/ev-sdol-20241210091500 (https://bookwhen.com/suicidepreventiontrainingmidlands/e/ev-sdol-20241210091500)

Region
Tullamore, Co Offaly

Register here (https://bookwhen.com/suicidepreventiontrainingmidlands/e/ev-sdol-20241210091500)

Date Entered/Updated
20th Sep, 2024

Expiry Date
20th Nov, 2024

Source URL: *https://www.activelink.ie/community-exchange/training/111037-hse-safetalk-suicide-alertness-for-everyone-tullamore*