



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Connecting for Life
South Tipperary



safeTALK

suicide alertness for everyone

safeTALK Training Course

Monday 14th October 2019

6.30 p.m. – 10 p.m.

Carrick On Suir Community Resource Centre



What is safeTALK?

safeTALK is a 3.5 hour training programme that prepares participants over the age of 18 to identify people with thoughts of suicide and connect them to help.

safeTALK prepares participants to be a helper to someone thinking about suicide. Most people with thoughts of suicide invite help and want to stay alive.

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

For more information contact:

Carrick on Suir Community Resource Centre on 051 642418

Email carrickresource@eircom.net

or

The HSE Regional Suicide Resource Office on 051 874013

Email trainingsro@hse.ie