

safeTALK is a 3 ½ hour training workshop, which raises general awareness on how to prevent suicide in our community. Learn four basic steps to recognise persons with thoughts of suicide and help connect them with suicide intervention resources.

### Why come to safeTALK?

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed, or avoided – leaving people more alone and at greater risk.

safeTALK training prepares you to help by using **TALK (Tell, Ask, Listen and Keepsafe)** to identify and engage people with thoughts of suicide and to connect them with further help and care.

### How can I get safeTALK training?

The CLEAR project are currently offering free safeTALK training for Community and Voluntary Sector Organisations operating in the Western Trust Area. safeTALK training can be delivered specifically for your organisation at a time and venue of your choice.

### For further information on training please contact:

**Email:** [claire@dhcni.com](mailto:claire@dhcni.com)

**Web:** [www.dhcni.com/clear](http://www.dhcni.com/clear)

**Address:** CLEAR Project,  
Unit 13, Strabane Enterprise Agency,  
Orchard Road Industrial Estate,  
Strabane.  
BT82 9FR

**Tel:** 028 7138 3386

For further details on the CLEAR Project contact Claire by email – [claire@dhcni.com](mailto:claire@dhcni.com) or Tel: 028 7138 3386  
Minimum numbers of 16 persons and a maximum of 30 persons are required for the safeTALK Training. All participants must be over the age of 18 years.

These sessions are open to staff & volunteers of COMMUNITY & VOLUNTARY SECTOR organisations operating within the Western Trust Area.