

BECOME SUICIDE ALERT



safeTALK
Suicide alertness for everyone

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.

safeTALK is not recommended for anyone recently bereaved by suicide (within the last 12 months). All participants must be over the age of 18 years.

To be eligible for the £300 sports equipment funding, a minimum of **five members¹** who have not previously attended safeTALK should attend the training.

****BOOKING IS NOT REQUIRED UNTIL THE OUTCOME OF THE GRANT APPLICATION IS KNOWN**

Date	Time	Venue
safeTALK		
Tues 15 th Jan 2019	6.30pm – 9.30pm	Aisling Centre, Enniskillen
Thurs 17 th Jan 2019	6.30pm – 9.30pm	St Columb’s Park House, Derry~Londonderry
Wed 23 rd Jan 2019	6.30pm – 9.30pm	Diamond Centre, Claudy
Wed 30 th Jan 2019	6.30pm – 9.30pm	Omagh Enterprise Centre, Omagh
Mon 4 th Feb 2019	6.30pm – 9.30pm	Strabane Enterprise Agency, Strabane

¹ who have significant input in / involvement / role with the club.

For further information on training please contact:

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