



EXCHANGE HOUSE IRELAND

National Travellers Service

safeTALK

- safeTALK is a **4 hour** training that prepares you 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.
- safeTALK-trained helpers are an important part of suicide-safer communities.

Become a safeTALK Helper

- safeTALK offers valuable skills and requires no formal training or prior experience in suicide prevention.
- the program is used by students, community volunteers, first responders and professional athletes—among many others.
- safeTALK's steps provide a simple yet effective method to engage with people who are having thoughts of suicide and connect them with resources that can carry out a full-scale intervention.

You can expect to leave safeTALK with practical knowledge of how to identify someone having thoughts of suicide and link them to life-saving resources.

Sign up today:

Name: _____ Mobile: _____

Lunch will be provided

Date: **Tuesday, 25th September 2018**

Time: **9:30am - 1:30pm**

Location: **Exchange House Ireland, 61 Great Strand Street, Dublin 1**

To sign up contact Allyson:

Tel: **01 524 0173** or

Email: **allyson.coogan@exchangehouse.ie**

All participants will have a chance to win an AMAZON Fire HD8 Tablet

The content of the safeTALK workshop may be difficult to deal with if you are feeling emotionally vulnerable. If you have suicidal thoughts, or have been recently bereaved, particularly through suicide, you may wish to delay taking part in this course until you're feeling stronger, emotionally.