



FREE safeTALK

‘Suicide Alertness Training for Everyone’

SafeTALK is a half-day suicide 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.

Date: Tuesday, 10th October 2023

Location: Kerry G.A.A. Pavilion, Austin Stack Park,

Tralee, Co Kerry.V92 V0HT.

Time: 6pm-9.30pm

For more information please contact your local host contact details here:

chair.hwc.kerry@gaa.ie

Please click on this link to register: <https://bookwhen.com/suicideprevention-trainingkerry>

Please note that people must register for this course ahead of the training date!!!