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**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:** 28<sup>th</sup> April 2022

**Venue:** Maine Valley FRC, Castlemaine Co. Kerry V93 R273

**Time:** 10.00 a.m. to 1.30 p.m.

<https://bookwhen.com/suicideprevention-trainingkerry>

For more information please contact: Helen 087 3694169

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

