



Monday 14th October 2024 - Dingle Skellig Hotel 2.00p.m. – 5.30p.m.

Óstán na Sceilge Dé Luain - 14ú lá Deireadh Fómhair 2.00i.n. go 5.30i.n.

‘Free Suicide Alertness Training for Everyone’

SafeTALK is a **free** 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. The training is delivered by professionals from the HSE.

Registration in advance is necessary on the link:

<https://bookwhen.com/suicideprevention-trainingkerry> SafeTALK trained helpers can recognise these invitations and act 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. Please register early as spaces are limited.

Tá an traenáil curtha ar fáil **saor in aisce** ag Feidhmeannas na Seirbhísí Sláinte.

Breis eolais / Info ó Anne Marie ar 087 2890625 - cláraigh ar líne/ register online or call Anne Marie if you are unable to register on

<https://bookwhen.com/suicideprevention-trainingkerry> prior registration is necessary. Scaip an t-eolas tábhachtach seo le do thoil.