



safeTALK

suicide alertness for everyone

Community Action on Suicide is arranging two opportunities for anyone who lives and/or works in the community to attend a safeTALK workshop.

1. Thursday 10 October 9.30 a.m. – 1.15 p.m.
Ronanstown Youth Services
2. Wednesday 16 October 6 p.m. – 9.45 p.m.
Quarryvale FRC

**To register please email reception@quarryvalefrc.ie
or telephone 01-623 0264 or 01-626 9151.**

Each workshop will have a break about half-way through the training when a snack will be provided.

A certificate will be given to everyone who attends the training.

This free training is for anyone
who wants to become more suicide alert and prevent suicide

You will learn the basic steps to recognise
when people might have thoughts of suicide
and how to connect them to suicide first aid resources

safeTALK gives you the tools to help you
in your interactions with friends, family members, at work etc.
when you think someone might be thinking of suicide

