



# Make a connection. Help save a life.

**Suicide is preventable. Anyone can make a difference.**

safeTALK training raises general awareness on how to prevent suicide in our community.

## **Why come to safeTALK?**

Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed, or avoided – leaving people more alone and at greater risk.

safeTALK training prepares you to help by using TALK (Tell, Ask, Listen and Keepsafe) to identify and engage people with thoughts of suicide and to connect them with further help and care.

## **LIPS are providing SafeTALK training on**

Date: **Thursday 14th October 2021**

Time: **1:30 - 5:00 pm**

Venue: **Body, Mind & Soul Centre (101a Irish Green Street, Limavady)**

**To reserve a place email 'coast.manager@yahoo.co.uk'**

*PLEASE NOTE SafeTALK training is NOT suitable for anyone affected by suicide in the last 18 months.*



**LIPS**

Limavady Initiative for the  
Prevention of Suicide

**COAST**

Causeway Older Active Strategic Team

**safeTALK works. Learn more and see the evidence at [www.livingworks.net/safetalk](http://www.livingworks.net/safetalk)**



**LivingWorks**

