



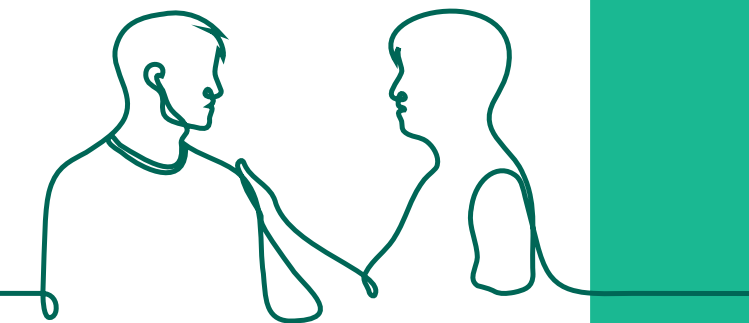
Connecting for Life

Let's Talk About Suicide



A free, online suicide prevention training programme, from the HSE.

traininghub.nosp.ie



From the **HSE National Office
for Suicide Prevention (NOSP)**

Email: training@nosp.ie



Connecting for Life

Take just 60 minutes out, to learn to:

- Recognise the signs that someone may be thinking about suicide.
- Confidently engage with a person and speak openly about suicide.
- Support a person who is thinking about suicide, to get help.
- Practice self-care when supporting a person who is having thoughts of suicide.

