

**TRIM Family Resource Centre and the HSE  
are hosting  
SafeTALK Training  
Suicide Alertness Skills Programme**



**SafeTALK** is a half-day 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. Participants learn how to provide practical help by using the steps of TALK (Tell, Ask, Listen and Keepsafe) and also gain information on the supports and resources available locally, regionally and nationally.

The four basic steps of TALK (Tell, Ask, Listen and Keepsafe) are called 'suicide alertness skills' and are taught with the expectation that the person learning them will use them to help save lives and reduce suicide risk in their community. Information and registration process to attend is available on:

<https://bookwhen.com/suicidepreventiontraininglouthmeath>

**Wednesday, 18<sup>th</sup> of January 2023 from 2pm to 5.30pm**

**Venue: Trim FRC, 22 Mornington Drive,  
Trim, Co. Meath, C15 R853**

**SafeTALK training is not suitable for those aged under 18 years.**