



Suicide Alertness for Everyone



A half-day suicide prevention programme, this training is **FREE** to attend and funded by the HSE National Office for Suicide Prevention

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources

SafeTALK

Booking is essential, please follow this QR code:



or visit

<https://bookwhen.com/srotraininggmr/ev-scow-20250501100000>

or email: darlene@breakingthrough.org

Location:

Lough Rea Hotel & Spa,
Athenry Road, Loughrea, Co.
Galway, H62 Y189

Date: Thursday, 1 May '25

Time: 10.00am-1.30pm

Four basic steps

Learn four basic steps to recognise when people have thoughts of suicide and to connect them to suicide first aid resources.

Suicide Alertness for Everyone SafeTALK 'suicide alertness for everyone' prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.

This training is for anyone over the age of 18, it is not suitable for anyone bereaved by suicide within 12 months.

Training is free of charge