



# safeTALK



TipperarySports  
PARTNERSHIP  
— SPORT IRELAND —



Where: Cahir House  
Hotel from 9.30-2pm

Cost to cover the  
venue &  
refreshments: €5

Prior-booking is  
essential

All Participants over  
18 years

## 17<sup>TH</sup> APRIL 2018

# SAFETALK TRAINING



### 'Suicide Alertness for Everyone'

SafeTALK is a half day training programme that prepares participants to identify persons with thoughts of suicide and connect them to suicide first aid resources.

These specific skills are called suicide alertness and are taught with the expectation that the person learning them will use them to help reduce suicide risk in their communities.

Following a safeTALK workshop you will be more willing and able to perform an important helping role for persons with thoughts of suicide.

Tipperary Sports  
Partnership on  
**067 44888**  
[ecullinan@tipperarysports.ie](mailto:ecullinan@tipperarysports.ie)  
before Tuesday 10<sup>th</sup> April

*An Ireland where fewer lives  
are lost through suicide, and  
where communities &  
individuals are empowered  
to improve their mental  
Health & Wellbeing*

National Office for  
Suicide Prevention

