

**BECOME SUICIDE ALERT!**



**safeTALK**  
*suicide alertness for everyone*



## 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

#### Location:

Kilmore Diocesan Centre,  
Cavan.

#### Date:

19<sup>th</sup> September 2025

#### Time:

9.30am – 1pm

#### Four basic steps

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

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

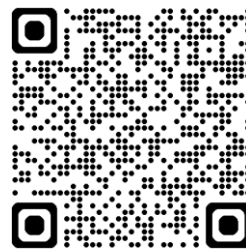
This training is suitable for anyone  
over the age of 18.

#### Training is free of charge

Booking is essential.

#### [BOOK HERE](#)

Or use QR Code:



visit [www.nosp.ie/training](http://www.nosp.ie/training)

or

email: [admin@breakingthrough.org](mailto:admin@breakingthrough.org)

for further information on Suicide  
Prevention Training