

**HSE Louth Meath**

**Suicide Prevention, Self-Harm & Postvention**

**Training Programmes: January – June 2025**

HSE Louth Meath, in partnership with the HSE National Office for Suicide Prevention are offering a wide range of free suicide prevention training programmes – both online and in person across Counties Louth and Meath. Details on the various programmes plus dates and booking links are outlined below.

**Online Training Programmes**



**Let’s Talk About Suicide** is the new, free, online suicide prevention training programme from the HSE. This programme helps people to develop their skills to keep others safe from suicide. It helps participants to identify people who are at risk, confidently ask about the topic of suicide and connect them with resources that can help them stay safe.

This introductory programme uses a mix of guided online content, video and interactive questions. Participants can pause and recommence the programme at their own convenience. On average, the programme will take 60 minutes to complete, but participants can work at their own pace.

**To enrol and complete Let’s Talk About Suicide, please visit**[**traininghub.nosp.ie**](https://traininghub.nosp.ie/). Once here, you will first be required to create a new account, after which you may proceed to the online course.

You can find out more about this new programme by clicking [HERE.](https://www.westbewell.ie/wp-content/uploads/2021/12/LTAS-_summary_Feb_24.pdf)



The **Introduction to Self-Harm**, 2.5 hr, online programme is suitable for those aged 18 years and over who seek to develop their knowledge and understanding of self-harm. The programme aims to clarify what self-harm is and the causes, motivations and functions are discussed. Information on how to support and care for those engaging in self harm and the resources and services that are available is given.

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| **Date**  | **Time** | **Registration Link** |
| 15th January 2025 | 10am – 12.15pm | [Online Intro to Understanding Self Harm 15th January](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-so8h-20250115100000)  |
| 12th March 2025 | 10am – 12.15pm | [Online Intro to Understanding Self Harm 12th March](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-s3jl-20250312100000) |
| 14th May 2025 | 10am – 12.15pm | [Online Intro to Understanding Self Harm 14th May](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-sova-20250514100000) |

**In Person Training Programmes**



**Understanding Self-Harm (USH) Workshop**

This one-day workshop provides opportunities for improved knowledge, awareness and understanding of self-harming behaviour. Participants consider how personal attitudes and experiences might affect their helping role with a person who self-harms. The programme aims to clarify what self-harm is, what leads people to engage in self-harming behaviour and considers its relationship with suicide. The causes, motivations and functions of self-harm are discussed. Positive approaches to engaging with, caring for and supporting someone who engaged in self-harm behaviour are presented. Active participation is encouraged.

DVD clips containing contributions from service providers and individuals with lived life experience of self-harm supplement the programme.

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| **Date**  | **Time** | **Venue** | **Registration Link** |
| 13th February 2025 | 9.00am – 5.00pm | Regional Education Centre, Kells Road, Ardee, Co. Louth | [Book Understanding Self Harm Ardee 13th February](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-s1ri-20250213090000) |



**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.

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| **Date**  | **Time** | **Venue** | **Registration Link** |
| 30th January 2025 | 9.30am – 1.00pm | Redeemer Centre, Demesne, Dundalk, Co. Louth | [Book SafeTALK Dundalk 30th January](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-sd3i-20250130093000) |
| 24th February 2025 | 10am – 1.30pm | Kells FRC, Old Carrick School, Kells, Co. Meath | [Book SafeTALK Kells 24th February](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-s4sx-20250224100000) |
| 10th April | 10.00am – 1.30pm | Navan Education Centre, Athlumney, Navan, Co. Meath | [Book SafeTALK Navan 10th April](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-si8t-20250410100000) |
| 28th May | 10.00am – 1.30pm | Regional Education Centre, Kells Road, Ardee, Co. Louth | [Book SafeTALK Ardee 28th May](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-s3t5-20250528100000) |



**Workshop for Professionals and Key Contact People Providing Support to those Bereaved Through Suicide**

This 1-day programme explores the unique needs of suicide bereavement so that participants become more equipped to provide support in the safest and most effective way possible.

**The workshops cover the following key topics:**

* understanding the grieving process;
* the context of suicide;
* how to support people bereaved through suicide;
* skills building and self-care.

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| **Date**  | **Time** | **Venue** | **Registration Link** |
| 25th February 2025 | 9am – 5pm | Regional Education Centre, Kells Road, Ardee, Co. Louth | [Book Suicide Bereavement for Professionals Ardee 25th February](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-skrw-20250225090000) |



**ASIST (Applied Suicide Intervention Skills Training)** is a two-day skill based, intensive, interactive and practice-dominated workshop designed to help Caregivers recognise the immediate risk of suicide and learn how to respond and be in a position to provide immediate safety, help and information to individuals whose lives may be at risk.

ASIST is designed to help all Caregivers become more ready, willing and able to help persons at risk of suicide. The Workshop has five learning sections:

* **Preparing** - sets the tone and expectations of the learning experience.
* **Connecting** – sensitises participants to their own attitudes towards suicide. Creates an understanding of the impact which attitudes have on the intervention process.
* **Understanding** – overviews the intervention needs of a person at risk. Focuses on providing participants with the knowledge and skills to recognise risk and develop safe plans to reduce the risk of suicide.
* **Assisting** – presents a model for effective suicide intervention. Participants develop their skills through observation and supervised simulation experiences in large and small groups.
* **Networking** – generates information about resources in the local community. Promotes a commitment by participants to transform local resources into helping networks.

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| **Dates** | **Time** | **Venue** | **Registration Link**  |
| 19th & 20th February 2025 | 9.00am – 5.00pm | Navan Education Centre, Athlumney, Navan, Co. Meath | [Book ASIST Navan 19th & 20th Feb](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-snin-20250219000000)ruary |
| 1st & 2nd May 2025  | 9.00am – 5.00pm  | Regional Education Centre, Kells Road, Ardee, Co. Louth | [Book ASIST Ardee 1st & 2nd May](https://bookwhen.com/suicidepreventiontraininglouthmeath/e/ev-slfw-20250501000000) |

**\*\*\* Please note: Registration in advance is essential in order to attend training \*\*\***

A number of the above programmes can be delivered upon request to groups who meet the minimum group size requirements. For any queries in relation to training email admin@breakingthrough.org.

**For all programmes in Louth and Meath, log onto** <https://bookwhen.com/suicidepreventiontraininglouthmeath>

**or contact Breaking Through, who are responsible for the administration of the training at** **admin@breakingthrough.org****.**