

safeTALK

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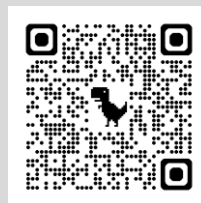
Suicide Alertness for Everyone



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

BOOKING IS ESSENTIAL:



Booking Link: [CLICK HERE](#)

Email: triona@breakingthrough.org

Location: Swift Cultural Centre,
High Street,
Townparks North,
Trim,
Co. Meath,
C15 P668

Date: Thursday 3rd September 2026
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