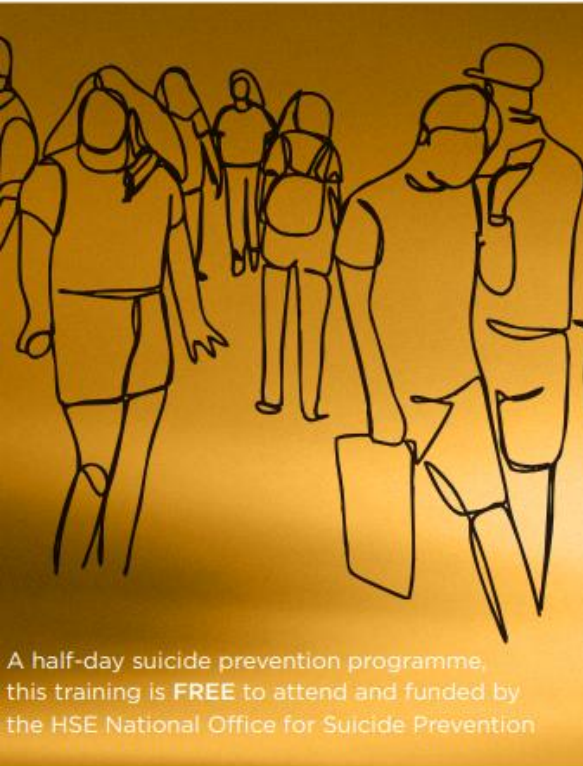


safeTALK

 safeTALK

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, please follow links below:

QR code:



or visit: [**OPEN TO ALL** - safeTALK \(Suicide Alertness For Everyone\) Barna, Co Galway - Booking by Bookwhen](#)

or email: darlene@breakingthrough.org

Phone: 01 6060858

Location: Cillin, Barna Church, Barna, Co. Galway

Eircode: H91 A2T7

Date: Tuesday 28th April 2026

Time: 11am to 2.30pm

Four Basic Steps:

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

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