safeTALK
Suicide Alertness for Everyone

NHS
Eileanan Siar
Western Isles

safeTALK

ChooseLife
Suicide prevention in Scotland

Wednesday 7th November 2018: 930-12 midday
Classroom, Education Unit, Western Isles Hospital

Wednesday 7th November 2018: 4.30pm - 7pm
Lecture Room, Education Unit,
Western Isles Hospital

SafeTALK is a 2.5 hour course where participants learn four basic steps to help be able to recognise people with thoughts of suicide within the community. Participants will be more willing and able to help connect people with thoughts of suicide to others who can help them.

Suicide is every one's business. We all know someone who has been affected by this issue and this training will give you the confidence to support others who may have suicidal thoughts.

This FREE training is suitable for everyone over 15 years of age who wants to help prevent suicide. Places on the workshop are limited, so early booking is advisable.

Suicide can affect any one of us so let's make sure the right help is available.

For further information or to book a place contact:
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