



Belfast Health and
Social Care Trust

caring supporting improving together



SafeTALK - Suicide Alertness for Everyone

Most people with thoughts of suicide don't truly want to die, but are struggling with the pain in their lives. **SafeTALK** is a half-day alertness training that prepares anyone aged 15 or older, regardless of experience to become a suicide-alert helper.

If you would like to learn how to become a suicide alert helper register for a place on this upcoming training:

WHEN: Wednesday 6th September 2023

TIME: 9:15am to 1pm

WHERE: Ballynafeigh Community Development Association,
283 Ormeau Road, BT7 3GG

[Register here](#)

This training is available free of charge to anyone working in the public, community or voluntary sector in Belfast.

If you have been recently bereaved by suicide then this may not be the right time to attend the programme. Please feel free to [make contact to discuss](#).



safeTALK