

safeTALK Training Programme for Teachers

Thursday 29th November – Mayo Education Centre

10:00 am – 2:30pm

What is safeTALK?	<p>safeTALK is an internationally recognised half-day training programme that supports participants to recognise and engage persons who might be having thoughts of suicide, and to connect them with community resources. These specific skills are called suicide alertness.</p> <p>The programme stresses safety while challenging taboos that inhibit openly talking about suicide. Participants are supported to be able to use the word 'suicide' in their conversations.</p>
Role of the training:	The training will support teachers at an individual level. Teachers are not trained to train other teachers/individuals.
Who is safeTALK for?	This training is suitable for everyone aged 18 years or over who wants to help prevent suicide and is prepared to become suicide alert.
Who is safeTALK <i>not</i> for?	safeTALK is not suitable for any individual who has been bereaved by suicide in the last 12 months.
How long is the training?	The training will run for 4 hours. All participants will complete a pre- and post-evaluation on the day.
What have teachers said who have done this training?	<p>Teacher 1: <i>'Excellent training, very interactive, involving participants, makes it a lot easier to talk about suicide'</i>.</p> <p>Teacher 2: <i>'Wonderful course - I feel so much more confident in dealing with this issue'</i>.</p> <p>Teacher 3: <i>'Excellent training. Very informative, good mix of teaching methods and feel a lot more confident addressing this issue now'</i>.</p>
<p>Participant Learning Objectives:</p> <ul style="list-style-type: none"> To identify people who have thoughts of suicide. Recognise the invitations to help that are often overlooked. Move beyond common tendencies to miss, dismiss or avoid signs of suicide risk. Apply the TALK (Tell, Ask, Listen and Keep safe) steps to connect a person with suicidal thoughts to people and agencies that can help. Connect the person with thoughts of suicide to suicide first-aid help and further community resources. 	<p>Participant Learning Outcomes:</p> <ul style="list-style-type: none"> • Attitudes/knowledge in relation to suicidal behaviour have changed. • Have developed a greater understanding of the stigma and taboo surrounding suicide. • Improved knowledge about suicidal behaviour and risk factors. • Have increased confidence to deal with suicidal behaviour.

Increased knowledge of resources in your local community.	
What is the cost?	There is no cost to attend this training. The Department of Education will cover the cost of substitute cover and travel for teachers who attend. Mayo Education Centre will provide a light lunch.
Who is providing this training?	safeTALK is coordinated and delivered by the HSE Resource Office for Suicide Prevention, Community Healthcare West, working in partnership with the HSE National Office for Suicide Prevention, the Department of Education and the Mayo Education Centre.
When is safeTALK taking place?	Time: 10:00am – 2:30pm Date: Thursday 29 th November Venue: Mayo Education Centre
How can I book a place?	To book a place online please log onto: https://bookwhen.com/srotraininggmr A password will be required to start the booking process for this particular workshop. Please type in the word ' Mayo ' . Places are limited (maximum of 30). Pre-booking is essential.
Further information:	For further information please contact: Siobhan Mc Brearty, Resource Officer for Suicide Prevention, Mayo. Tel: 094 9253270 Email: srotraining.gmr@hse.ie