



Connecting for Life Donegal

FREE Training in Suicide Awareness and Prevention



ASIST

Applied Suicide Intervention Skills Training

Applied Suicide Intervention Skills Training is a two-day skills-based workshop that equips participants for an effective suicide intervention role. The emphasis is on first aid – helping a person at imminent risk to stay safe and seek further help.

Upcoming ASIST courses *9.00am - 4.30pm

- 4th October 2023 in Letterkenny
- 25th October 2023 in Letterkenny
- 1st November 2023 in Portnoo
- 7th November 2023 in Raphoe



safeTALK

suicide alertness for everyone

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. The programme stresses safety while challenging taboos that inhibit open talk about suicide.

Upcoming SafeTALKs *9.30am - 1.00pm

- 24th October 2023 in Downings



Suicide Bereavement

The Suicide Bereavement Training Programme is a one-day training programme which provides professionals and key contact people with the skills and knowledge to support people who have been bereaved through suicide.

Upcoming training *9.00am - 5.00pm

- 5th October 2023 in Buncrana

To book a place log on any of the above courses go to: <https://bookwhen.com/suicidepreventiontrainingcho1>

Click the relevant course, then click select on the bottom right of booking page.

Or contact the CfL Training Co-Ordinator:

Email: CDLMSTraining@pieta.ie or Tel: +353 1 233 3783

