



**Barbers, TALKING HEADS** is an initiative promoting **Let's Talk About Suicide**, a free online suicide prevention training programme that helps people develop their skills to keep people safe.

This training for barbers will build confidence in talking about mental health, spotting when someone may be struggling, and guiding them to support.

#### HOW TO ACCESS IT?

Log on to <https://bit.ly/LetsTalkAboutSuicideTraining> or scan the QR code.

For further information on Talking Heads or the training contact John Duffy, HSE Resource Officer for Suicide Prevention, [johnc.duffy@hse.ie](mailto:johnc.duffy@hse.ie)

For individual support call the **Your Mental Health** Information Line on 1800 111 888 or check out [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)



*Scan me*



Healthy  
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