



**A series of safeTALK Suicide Prevention Workshops** will take place in various locations in **WEST CORK** during October. These **FREE** workshops are being facilitated by the HSE and its Community Partners from the West Cork area.

**PLEASE SEE TABLE BELOW SHOWING THE DATES AVAILABLE**

People who attend **safeTALK** learn four basic steps to recognise people with thoughts of suicide and connect them to supports to help keep themselves safe from suicide.

The **safeTALK** training programme is suitable for everyone over the age of 18 years of age who would like to help prevent suicide in the community.

**For further information please contact the community hosts for the training date you're interested in attending to secure a place at this workshop.**

Date	Location	Time	Hosts Contact Details for Bookings Enquiries
02.10.17 Monday	<b>Goleen</b>	7 p.m. – 10 p.m.	Goleen & District Community Council: Bernard at 087 9632281 or <b>bernarddeere@hotmail.com</b>
03.10.17 Tuesday	<b>Skibbereen</b>	10 a.m. – 1 p.m.	Skibbereen Community and Family Resource Centre: Helena at 028 23572 (Mon – Thurs) or <b>helenacasey.skibbcfrc@gmail.com</b>
10.10.17 Tuesday	<b>Dunmanway</b>	7 p.m. – 10 p.m.	Dunmanway Family Resource Centre: 023 88 56818 or <b>info@dunmanwayfrc.com</b>
11.10.17 Wednesday	<b>Bantry</b>	7 p.m. – 10 p.m.	Bantry Bay Lions: Nora at innisbellakealanine@gmail.com HSE: Brídín at 086 7872273 or <b>bridin.ashe@hse.ie</b>
12.10.17 Thursday	<b>Castletownbere</b>	7 p.m. – 10 p.m.	The Caha Centre: Rita at 083 3258584 <b>rita.thecahacentre@gmail.com</b>
17.10.17 Tuesday	<b>Bandon</b>	10 a.m. – 1 p.m.	Bandon Rotary: Marie 087-2664746 <b>emarienorton@icloud.com</b>