



safeTalk Training

Are you interested in finding out how to pick up on the signs that someone who is having thoughts of suicide may show and how to get them help?

safeTALK training can teach you these skills and may help you to play a part in saving someone's life.

You will learn how to provide practical help to someone who is having thoughts of suicide and play a part in helping to keep them safe by using the safeTALK steps of Tell Ask Listen and Keepsafe

Friday 23 August
1pm – 4.30pm
Robert Burns meeting room at
Council HQ

Tuesday 24 September
9.30 am – 1pm
Wellbeing Centre at Dumfries
House

Monday 28 October
1pm - 4.30pm
Robert Burns meeting room at
Council HQ

Wednesday 27 November
1pm – 4.30pm,
Robert Burns meeting room at
Council HQ

Friday 6 December
9.30am – 1pm
Wellbeing Centre at Dumfries
House

For more information on the
content of safeTALK training
visit

www.chooselife.net/training

To book your place please
contact:

Organisational Development
on

01563 576350