

Suicide Prevention Training in Dublin South East, Dún Laoghaire and East Wicklow (CHO 6)

In line with *Connecting for Life, Action Plan for Dublin South East, Dún Laoghaire and East Wicklow*, we are pleased to announce a range of suicide prevention training opportunities available in CHO area 6.

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| <p>esuicideTALK is a 2 hour online programme which helps participants explore issues surrounding suicide in a safe, self-paced environment. Developed using adult learning principles, esuicideTALK helps people take the first steps toward community suicide prevention.</p> | <p>How to access the programme: The link to esuicideTALK is now live on yourmentalhealth.ie: Visit: http://www.yourmentalhealth.ie/get-involved/community-action/esuicidetalk/</p> | |
| <p>GP E-learning module for Suicide Prevention in Primary Care: This e-learning module is intended for education and professional development of GPs, access through this site is restricted to qualified General Practitioners and the website requires registration and an enrolment key which is provided by the ICGP. Other health professionals will have access through their own professional bodies whom they should contact.</p> | <p>How to access the programme: Visit: https://www.icgp-education.ie/mod/page/view.php?id=3507</p> | |
| <p>safeTALK is a half-day alertness training that prepares anyone over the age of 18 yrs., regardless of prior experience or training, to become a suicide-alert helper. Following the training participants will be alert to suicidal ideation and have a clear understanding of what steps they need to take in order to help persons with thoughts of suicide.</p> | <p>East Wicklow Contact: Wicklow Mental Health Association at safetalkwmha@gmail.com</p> | <p>Dublin South East & Dún Laoghaire Contact: Pauline O' Reilly Resource Officer for Suicide Prevention Email: pauline.oreilly@hse.ie</p> |
| <p>A.S.I.S.T. (Applied Suicide Intervention Skills Training) is a 2-day (09:00 – 17:00 both days) skills based, intensive, interactive and practice-dominated workshop designed to help participants recognise the immediate risk of suicide and learn how to respond. It is suitable for health workers, teachers, community workers, Gardaí, youth workers and volunteers.</p> | <p>Dublin South East, Dún Laoghaire and East Wicklow (CHO 6) Contact: Michael Nobel at asistcho6@gmail.com</p> | |
| <p>Understanding Self Harm Awareness Training is a one day training programme which develops participants' knowledge and understanding of self-harm. This programme covers issues relating to self-harm including definitions, prevalence rates, myths, causes, why people self-harm and helpful responses.</p> | <p>East Wicklow Contact: Adam Byrne Resource Officer for Suicide Prevention Email: adam.byrne@hse.ie</p> | <p>Dublin South East & Dún Laoghaire Contact: Pauline O' Reilly Resource Officer for Suicide Prevention Email: pauline.oreilly@hse.ie</p> |

Further details on the courses on offer are available at: http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Training/

ASIST Training Calendar 2017 in Dublin South East, Dún Laoghaire and East Wicklow (CHO 6)

A.S.I.S.T. (Applied Suicide Intervention Skills Training) is a 2-day (09:00 – 17:00 both days) skills based, intensive, interactive and practice-dominated Workshop designed to help participants recognise the immediate risk of suicide and learn how to respond and be in a position to provide immediate safety, help and information to individuals whose lives may be at risk. It is suitable for health workers, teachers, community workers, Gardaí, youth workers and volunteers.

- **To book a place:** Please contact Michael Noble: asistcho6@gmail.com
- **To find out more information about ASIST:** Please visit: http://www.hse.ie/eng/services/list/4/Mental_Health_Services/NOSP/Training/
- **There is no charge for this training.**

| ASIST 2017 | | | |
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| Venue: Sunbeam House Services - Taylor Centre, Vevay Close, Oldcourt, Bray, Co. Wicklow. | | | |
| | Dates | Month | |
| 1. | 16 th & 17 th | January | NOW FULL |
| 2. | 13 th & 14 th | February | NOW FULL |
| 3. | 13 th & 14 th | March | |
| 4. | 27 th & 28 th | March | |
| 5. | 3 rd & 4 th | April | |
| 6. | 15 th & 16 th | May | |
| 7. | 29 th & 30 th | May | |
| 8. | 19 th & 20 th | June | |
| 9. | 18 th & 19 th | September | |
| 10. | 2 nd & 3 rd | October | |
| 11. | 16 th & 17 th | October | |
| 12. | 13 th & 14 th | November | |
| 13. | 27 th & 28 th | November | |
| 14. | 11 th & 12 th | December | |